

CAMEL CROSSINGS



A NEWCOMER'S GUIDE TO BAHRAIN

*Featuring: recreation, shopping, helpful hints,
services, restaurants, and other valuable information.*

Fleet and Family Support Center

Navy Region SouthWest Asia, NSA Bahrain

DISCLAIMER

The information provided in this booklet does not constitute any formal endorsement of the companies, products or services by the Department of the Navy, Department of Defense or the Fleet and Family Support Center. This information is being provided as informational resource material to transitioning military personnel and their families.

Revised 15 June 2008

****Special thanks to the Bahrain Officer Spouse's Club
for the time and effort put into the making of this issue of Camel Crossings.***

MARHABA!

At times, an overseas assignment proves overwhelming or at least challenging. A new country, a new culture, a foreign language and dollars and dimes that become dinars and fils, are parts of a puzzle that soon turn into a wonderful picture with appropriate guidance and counsel. Previously, many newcomers arrived to find only a “hunt and find” system available to settle in Bahrain. Most had to depend on a sponsor or other kind soul to provide this information. While adventure can be exhilarating, busy lives usually do not leave the time for this luxury.

Members of our community compiled the information provided in Camel Crossings. Paid advertisements and endorsement of any specific business were deliberately avoided. All information included in this guide is based on personal experience.

When entering roundabouts: Generally the right lane approaching the roundabout will take the 1st right or go through the roundabout; the center lane approaching the roundabout will go through the roundabout; the left lane approaching the roundabout is used to make a left turn or a U-turn at the roundabout. BEWARE: The inside lane in a roundabout always has the right of way. They may exit right at any time from the inside lane!!!

When referring to roundabouts and directions, some people use the numbers of the clock for directions. For example: For a right turn, you will enter at 6:00 and exit 3:00; to go through a roundabout enter 6:00 and exit 12:00, for a left turn, enter 6:00 and exit 9:00; for a U-turn, enter 6:00 and exit 6:00. For those roundabouts with more than 4 entries and exits, an exit of 11:00 or 4:00 may be used.

All directions begin from the Grand Mosque located in Juffair. You will notice some road names might not correspond to your maps. In these cases, the name on the street signs rather than the names on the maps were used. Some spellings may also vary; therefore the spellings most commonly seen were used.

Now, Camel Crossings in hand, venture out, explore, meet the people and learn about this most gracious island of Bahrain!!! Most of all enjoy your stay.

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MEDICAL/DENTAL

U.S. Naval Branch Health Clinic, Bahrain

The U.S. Naval Branch Health Clinic (NBHC), Bahrain is a primary care based health care treatment facility offering primary care medicine, general dentistry, laboratory, pharmaceutical, radiology, and immunization services for United States Active Duty Service Members (ADSM) and their command sponsored family members.

Main Phone Numbers: 011 (973) 1785-4260/4867/6110

Pharmacy: 011(973) 1785-4861

Health Benefits Advisory (HBA)/TRICARE Office: 011 (973) 1785-8157/8158/8159/8160
Fax #: 011(973)1785-4860

Hours of Operation: 0730 - 1600 (Sunday, Monday, Wednesday, and Thursday).
0730 - 1130 (Tuesday, staff training in the afternoon).

Emergency Medical Services Procedures

NBHC Bahrain does not have an emergency room. In the event of an emergency, go directly to the nearest emergency room or hospital. If an ambulance is needed, dial 999 to access Bahrain's Emergency Medical System and an ambulance will be dispatched to your location. All TRICARE beneficiaries are required to contact TRICARE and report the emergency within 24 hours. Most importantly, please contact the HBA / TRICARE Office for assistance if needed.

Routine and Non-Emergent Medical Care

Please call 011 (973) 1785-4260 or stop by NBHC Bahrain during the clinic's normal hours of operation. ADSM have priority followed by command sponsored family members enrolled in TRICARE Prime. Other beneficiaries can access medical care at NBHC on a space available basis beginning at 1000. For medical care not available at the clinic ADSMs must be referred by a military provider to the host nation. TRICARE Preferred Provider Network (PPN) and Command Sponsored Active Duty Family Members enrolled in TRICARE Prime will be referred by their Primary Care Manager (PCM). The NBHC refers most inpatient services and specialty care to Preferred Provider Network providers at Bahrain Defense Force (BDF) and IBN Al Nafees Hospital.

TRICARE Overseas Program (TOP) Support

The HBA/TRICARE Office is the point of contact for all questions regarding managed care TOP options, locating a host nation provider, and coverage/billing issues. Upon check in, ADSMs and their command sponsored family members are highly encouraged to visit the HBA office to learn about TOP options. Current TRICARE Prime enrollees can transfer to TOP Prime or initiate new enrollment in TOP Prime in Bahrain. If TOP Prime is not completed, ADSM coverage is transferred to TOP Standard. Request TOP Prime forms at NBHC during command check-in. For retired military and their command sponsored family members, TOP Standard is the only coverage provided while living overseas. Visiting family members must follow their medical insurance policy requirements regarding pre-authorization

procedures and covered benefits. Visiting family members are strongly advised to visit their regular physician prior to visiting Bahrain, especially for preexisting medical conditions that require routine physician office visits. TRICARE Prime enrollees from United States regions may receive urgent medical care from Host Nation facilities upon receiving pre-authorization from the enrollee's Primary Care Manager and TRICARE. Medical care and services received are charged up front to the beneficiaries and claims should be submitted to the appropriate TRICARE Claims processing office.

Dental Care Services)

NBHC Bahrain, Dental Clinic serves the ADSM population. Other military beneficiaries can utilize the Dental Clinic for emergencies on a case by case basis and during working hours only. To receive dental care from host nation dentists, command sponsored Active Duty family members should be enrolled in the TRICARE Dental Program through the United Concordia Companies, Inc. (UCCI). Payment for dental care services is collected up front by dental providers and beneficiaries should submit claims to UCCI for reimbursement. Command sponsored Active Duty family members are required to obtain a referral from a NBHC Dental Clinic provider prior to receiving Orthodontic and Dental Implant services. Please call or stop by the HBA Office for claims assistance or additional information regarding host nation dental facilities.

Pharmacy Services

NBHC Bahrain Pharmacy maintains a limited core formulary and provides over-the-counter medications for minor ailments. The pharmacy is open Sunday, Monday, Wednesday and Thursday from 0800-1630 and Tuesday from 0800-1300. NBHC Bahrain's pharmacy can fill new prescriptions from military physicians if the medication is available at the formulary. Prescriptions from civilian medical providers and routine refills of existing prescriptions can not be filled. However, medication can be dispensed by the hospital pharmacy where care or treatment is received or at any civilian pharmacy. Be sure to ask for original payment receipts and a copy of the prescription for submitting reimbursement claims to TRICARE and/or other insurance providers. ADSMs must request a referral from a military provider for prescription medications or pharmacy items prior to obtaining them from any local pharmacy. Some prescribed medications in the United States may not be available at local Bahrain pharmacies and prescriptions for controlled medications may not be filled. It is highly recommended that visiting ADSM family members bring all prescribed medications with them when coming to Bahrain and have enough medications to last throughout the visit. For further information, please contact the NBHC Bahrain Pharmacy at 011 (973) 1785-4861. There is also a TRICARE Mail Order Pharmacy Option thru Express Scripts for long term medication needs. Contact the HBA/TRICARE Office for more information.

Host Nation Hospitals and Specialty Care

Bahrain enjoys excellent hospitals with "state of the art" systems and well qualified medical providers (most are medically trained in English speaking countries). Additionally, the quality of medical care rendered is comparable to United States standards. All inpatient and specialty care is provided by local host nation providers. The Bahrain Defense Force (BDF) Hospital is the primary source of inpatient and specialty medical care for United States ADSMs. Their phone numbers are: 011 (973) 1776-6675 or 011 (973) 1776-6172. Other available hospitals

include: IBN Al Nafees Hospital 011 (973) 1782-8282 and the American Mission Hospital 011 (973) 1725-3447. For directions and more information concerning these hospitals and other specialty care providers, please contact the HBA Office at NBHC Bahrain.

HOSPITALS

BAHRAIN DEFENSE FORCE HOSPITAL

Phone: 1776-6666

Location: Riffa

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles and take the Madinat Hamad exit (follow the 2nd branch right off of the exit ramp). Head south on Sh. Khalifa Bin Salman Hwy. Continue on this road to the end of the highway until you come to a roundabout. At the roundabout make a left (enter 6, exit 9). BDF will be on your right after the 2nd traffic light.

AMERICAN MISSION HOSPITAL

Phone: 1725-3447

Location: Manama City Center

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. Go a short distance and go through the roundabout (enter 6, exit 12) onto Sh. Isa Ave. Go 0.6 miles and turn right at the 4th light (including pedestrian light) onto Isa Al Kabeer Ave. Go a short distance and the hospital will be on your left. Parking is at a premium. There is additional parking if you continue past the hospital. At the traffic light veer right and then right again to reach the back of the hospital.

SAAR CLINIC

Phone: 1779-0025

Location: Budaiya

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit will be your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and enter the 3rd roundabout (McDonald's will be on your left) and make a left turn - exit Saar Rd (enter 6, exit 9). Go approximately 1

mile and look for Saar Clinic on the right. If you get to Ave. 35 you've gone too far.

AWALI HOSPITAL

Phone: 1775-3333 – Appointments 1775-3938
Location: Awali

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town exit. This will put you onto Sh. Salman Hwy. Follow it south through the roundabouts until you come to the Awali roundabout. (There are usually flags here). Go through the roundabout to the Awali Gate (enter 6, exit 9). Go in the gate and take the first left hand turn, then the first right hand turn. This will take you to the hospital parking lot. There are guards at the Awali gate if you need help finding the hospital, but there are also signs to guide you.

INTERNATIONAL HOSPITAL BAHRAIN (IHB)

Phone: 1759-1666 1759-8222
Location: Budaiya Hwy.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit will be on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout, (enter 6, exit 9). You will pass IHB on your left. Go to the next roundabout (Sehla Roundabout) and u-turn (enter 6, exit 6) back to the hospital.

BAHRAIN SPECIALIST HOSPITAL

Phone: 1781-2222; Appointments: 1781-2222
Location: Juffair

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

PHARMACIES

NOTE: Over the counter drugs are available at the NSA Clinic's pharmacy. Four articles/family/month. Go to the pharmacy window and ask for the chit paperwork. Same day service.

- A. Some hospitals house their own pharmacy and you may have your prescriptions filled at the hospital at no charge.
- B. For prescriptions being filled at a pharmacy in town, you will need to pay in full and take your itemized receipt (it must display the medication purchased) and the original prescription to the Health Benefits Advisor (HBA) in order to receive 100% reimbursement. NOTE: Some prescriptions may not be covered under TRICARE Prime (i.e. diet pills, some acne medication). Check with your HBA (Phone # 1785 4323) prior to having the prescription filled if you have a question as to whether a prescription would be covered. NOTE: ADSMs must have a referral from a clinic provider, processed by the HBA office, prior to purchasing any medications not available in the clinic pharmacy (or not obtainable at one of the hospitals as part of referred care).
- C. You may also have your prescriptions filled on base. However, if a provider in town writes the prescription it must first be rewritten by a physician at the base clinic prior to having it filled at the pharmacy on base. NOTE: You may want to check with the pharmacy to make sure they can provide the medication outlined in your prescription before consulting a physician at the base clinic.

JAFFAR PHARMACY

Phone: 1729-1039
Location: Manama (Exhibition Avenue)
Hours: Open 24 hours.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first traffic light turn left. Turn right at the first traffic light onto Exhibition Ave. Go to the 3rd roundabout and turn right onto Tarfa Bin Al Abd Ave. The pharmacy is on the left after you pass the gas station. It's a building with purple trim.

NASSER PHARMACY

Phone: 1774-0900
Location: Adliya
General Info: Pharmacy and MORE! Make-up, party supplies, nail polish, baby items, magazines and cards. Open 24 hours.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 1.6 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. This is Qadisiya Ave. Al Jazira will be on the right (at Um Ishoom Ave). Pass Al Jazira, you will see Nasser Pharmacy on the right hand side.

DENTIST OFFICES

GULF DENTAL SPECIALTY HOSPITAL

Phone: 1774-1444
Location: Mahuz/Tubli
Hours: 0900-1300 1600-2000

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right at Al Jazira's grocery store on your left. Just past the fresh vegetable stand on the right (approximately 0.1 miles) is the turn in for the Gulf Dental Specialty Hospital.

BAHRAIN SPECIALIST HOSPITAL (Dental Clinic)

Phone: 1781-2222
Location: Juffair
Hours: 0800-1300 1630-2000

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy (towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

AL MOSAWI DENTAL CLINIC

Phone: 1771-7199
Location: Adliya
Hours: 0900-1500 1600-2000
Directions: From the Grand Mosque: Cross over Al Fatih Hwy and continue straight (past the Gulf Hotel). Al Mosawi is in a small building on your right immediately after the 2nd traffic light and before the gift/flower shops.

****American Mission Hospital and International Hospital of Bahrain also house Dental Clinics. See hospital information for contact number and directions.**

OPHTHALMOLOGY

AL BASIL EYE CLINIC

Phone: 1731-0030
Location: Palace Avenue

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first light turn left onto Sh. Duaij Ave. Go straight 0.6 miles to the roundabout and turn right at the roundabout (enter 6, exit 3) onto Palace Ave. Go through one light and when you reach the 1st roundabout the clinic is on your right just before you enter the roundabout. Turn right from the roundabout and park behind the clinic.

OPTOMETRY

NSA MEDICAL CLINIC

Phone: 1785-4260 (Medical Clinic, phone to make appointment)
Location: NSA Bahrain
Hours: Call for updated times.
General Info: Primarily for eyeglass prescriptions. If you've worn contacts before and there isn't a significant change, they will do a contact lens prescription.

BAHRAIN OPTICIANS

Phone: 1721-4142
Location: Manama Souq
General Info: Good selection and good repair policy. Good prices on glasses. Bahrain Opticians has the widest variety of children's glasses.

Location #1: Follow directions to Manama Souq listed under the Souq in the Shopping section of Camel Crossings. Enter the Souq at the Bab Al Bahrain Arch. As you walk through the Arch look across the street and to the left corner and you will see Bahrain Opticians. Hours: Saturday - Thursday 0800 – 1230 and 1530 - 2000. Friday: 1600-2000.

Location #2: Follow directions to Manama Souq listed under the Souq in the Shopping section of Camel Crossings. Enter the Souq at the Bab 'Al Bahrain Arch. As you walk through the Arch take your first left. Turn right at your second street. About half way down this street you will see Bahrain Opticians on the left, just past the Ethnic Crafts store. This is the location for the widest variety of children's glasses. Phone: 17 22-5355. Hours: Saturday – Thursday, 0800 - 1230 and 1530 - 2000. Closed Friday.

Location #3: Bahrain Mall.
See Malls listed under Shopping for directions to Bahrain Mall.

EDUCATION

BAHRAIN SCHOOL

Phone: 1772-7828

Location: Juffair

General Info: The Bahrain School houses approximately 450 students from over 40 different countries, and provides an American Curriculum for grades K-12. It provides students in grades 11 and 12 the opportunity to take advanced placement examinations, and the International Baccalaureate program for academically oriented students. The educational experience offered to Bahrain School students is enhanced by its after school program. Developed to reflect the interests and abilities of the Bahrain School students, activities are sponsored by members of the faculty gathering around a common objective of extending their abilities outside the classroom. Because the faculties of Bahrain School sponsor the extracurricular activities, they can vary from year to year, but generally the school offers the following activities: National Honor Society, National Junior Honor Society, Student Council, Art Club, Future Business Leaders, Model United Nations, Model United States Senate, Drama, Jason Project, Swimming Club, Tennis, Badminton, Foreign Language Club, Math Counts, Photo/Video, Publications Club, Service Club, Tech Theatre, Yearbook Staff, Geography Bee, Computer Projects, Odyssey of the Mind, Tradequest, soccer, basketball, volleyball, swimming, tennis, and cross-country. (See Plan My Move (PMM) manual for further information on registration procedures for Bahrain School).

Directions: **Front Gate to Bahrain School:** From Grand Mosque: Take a left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.4 miles and at the roundabout take the first available right (enter 6, exit 1). The Bahrain school will be on your right. Enter at the second entrance as the parking lot has one-way traffic. You will be asked to show ID to enter the school grounds.

Directions: **Back Gate to Bahrain School:** From Grand Mosque: Take a left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.1 miles and take the first right onto a one-way street. Go past a cold store on the right and turn left at the next intersection. Continue to the "T" and turn right. On the left will be a chain link fence with a gate. This is the back gate to Bahrain School. Enter at the second entrance as the parking lot has one-way traffic. You will be asked to show ID to enter the school grounds.

Directions: **NSA Main Gate to Front Gate Bahrain School:** Exit NSA Bahrain through the Main Gate and take the first left turn. Go 0.3 miles and take a left (the first left after Mega Mart). Go 0.1 miles and take the first

available left. At the “T” you will be at Juffair Ave (Pizza Hut will be on the corner). Turn left at Juffair Ave. At the next roundabout, bear right (enter 6, exit 1). **(NOTE: If you take the second right at this roundabout enter 6, exit 11) you will dead end into the back gate of NSA walk in gate only).** Bahrain School will be on your right. Enter at the second entrance as the parking lot has one-way traffic. You will be asked to show ID to enter the school grounds.

PRE-SCHOOLS

LITTLE GEMS PRESCHOOL

Phone: 1769-4356
Location: Budaiya
General Info: Preschool for ages 2-5yr. Hours: 0800 - 12:30
Directions: Located between Budaiya and Saar near one of St. Christopher's campuses. Please call for specific directions.

PRIVATE SCHOOLS

NADEEN SCHOOL

Phone: 1772-8886
Location: Adliya
General Info: Contact: Pauline or Shawnee. Hours: 0800 – 1230
Very nurturing environment with high academic focus. Typically two teachers per 18 students. Currently accepts ages 2 through 11. British Curriculum School.

Directions: From the Grand Mosque: Turn left onto Al Fatih Hwy. Go 0.5 miles and turn right at the first traffic light onto Juffair Ave. Pass the gas station on your left. Go through the traffic light. Pass the Electricity Plant on your right. Go through the roundabout and you will see The British Club on your left. Continue straight approx. one block and turn left on a small road just before the last white villa. Drive down between the white walls and you will come to an empty lot on your left. This is the parking lot and the school is across the dirt lot.

ARABIC LANGUAGE

Fleet and Family Support Center (FFSC) offers free Spoken Arabic language classes on base. The Spoken Arabic classes fill up quickly; however, new classes start every month. Sign up for these classes at the FFSC office. FFSC is located across the hallway from the base library and above the Child Development Center.

DINAR MAN SERVICES

You will hear “Dinar Man” frequently around the base. The Dinar Man is actually a multi-service office located on the first floor of the Freedom Souq. This office provides many services that will make your life easier when you first arrive. Many of these services can be accomplished in town, but for a small fee. It is definitely more convenient to have these services completed on base. Hours: 0800 - 2000, Saturday - Thursday. Closed Friday. Phone: 1785-6495

CPR CARD

The Central Population Registration (CPR) card is required for all active duty members and their family (including children). You may obtain your CPR card from the Dinar Man with the following information:

1. 1 photo (you can have photos made at the photo processing kiosk in the Recreation Center on base)
2. Passport
3. Identification (military ID is sufficient)
4. Copy of orders and dependent entry (if applicable)
5. 3 BD
6. Approximately one week turnaround

You may renew your CPR card when needed with the same requirements as stated above, plus your old CPR card.

*****VERY IMPORTANT***** Once you have your CPR card, take your CPR card, passport, copy of orders, dependent entry (if applicable) and go to Immigration and Naturalization Services (INS) on base; located across from the Base Chapel (bldg 345) and obtain your 1 year visa. You will need to take 5 BD per passport holder for visa processing fees. It takes approximately 7-10 days turnaround. You may also obtain your CPR card from INS for 500 fils.

AUTHORIZATION OF INTERNATIONAL DRIVER’S LICENSE

If you chose to use your International Driver’s License in Bahrain, you will need to go to the INS on base and have your license validated. INS office is located across from the Base Chapel (bldg 345).

BAHRAIN DRIVER’S LICENSE

Requirements for Bahrain License:

1. 3 small photos (you can have photos made at the photo-processing kiosk in the Recreation Center on base)
2. U.S. Driver’s License
3. CPR Card
4. 26 BD

Take those items to the Dinar Man and he can assist you with obtaining a Bahrain Driver's License. He can also assist with renewals, lost or stolen license. **NOTE: if you are planning to use your International Driver's License obtained via AAA in the states, the INS must validate it.** You may go to the INS office on the base (across the breezeway from the Chapel). No fee required.

CAR INSURANCE/REGISTRATION

To obtain car insurance go to the Dinar Man's office with the following information:

- A. Completed Insurance Form (Dinar Man has this form)
- B. 1 photo (you can have photos made at the photo processing kiosk in the Recreation Center on base)
- C. 5 BD
- A. CPR Card

Dinar Man will process the above information and give you a quote for insurance. You are not obligated to take this insurance. You may also want to compare prices with other sources to get the best deal. **NOTE:** Mr. Hassan Jawad Ali can provide you with this service as well as assistance with your car registration. See Garages listed under Services for Maytham Spare Parts and Tyres for his contact information.

To obtain car registration go to the Personal Property Office (PPO), which is located in Bldg 422 next to the NEX Depot with the following information:

- A. Insurance Card
- B. CPR Card
- C. 55 BD

BATELCO PHONE SERVICES

Located in TQ on the 2nd deck.

1. New Connection:

- A. Completed application
- B. CPR Card
- C. A copy of your lease agreement
- D. 102 BD **KEEP YOUR RECEIPT**. You will not be refunded your deposit without your receipt).

2. Line Transfer:

- A. CPR Card
- B. A copy of your lease agreement
- C. 2 BD

3. Disconnection (allow six days for your final bill to clear):
 - A. CPR Card
 - B. Original Deposit Receipt
 - C. 2 BD
4. Internet (INET)
 - A. CPR Card
 - B. Original Deposit Receipt
 - C. 2 BD (service charge) and 5 BD will show up on your first bill (connection fee)

NOTE: For 1 BD service charge you may pay your Batelco (phone and internet) bill at the Dinar Man's office or you may pay your bill at the Batelco office provided on base. This office is located on the 2nd floor of Sentinel Hall. There is no service charge to pay your Batelco bill here.

MONEY EXCHANGE

The Dinar Man can exchange dollars to dinars. Also, if you are planning to travel outside the country, the Dinar Man can also exchange other foreign currency (i.e. Euros, Australian dollars, Riyals, etc). Other services include key duplication for a fee of .500 fils, payment of electric bill for a fee of 1 BD, Mobile Telephone Rental (price varies from daily, weekly and monthly use), and flower orders, no fee.

CHECK CASHING

If you are permanently assigned to NSA Bahrain, you may cash checks at the Dinar Man office up to \$6,000.00 per month. The Dinar Man can also assist with cashing BD checks, providing travelers checks, Western Union money transfers, credit card cash advances (4% bank service charge), and provide BD rent checks for your landlord

RENT CHECKS/DEPOSIT IN LANDLORD ACCOUNTS

When you want to pay your rent you will need to:

1. Have Dinar Man calculate how much your rent is in dollars.
(i.e. 1066.000 BD = \$2, 835.90).
2. Go to NFCU and have a cashier's check made out in your name for the dollar amount or cash a check for the amount needed at the Dinar Man's office, just watch your check cashing limit of \$7,000.00 per month.
3. Take cash or a cashier's check to the Dinar Man and he will issue you a dinar cashier's check in your Landlord's name.
4. Give the cashier check to your landlord and keep your stub for verification that your rent has been paid.

CREDIT CARD USAGE

Bahrain is basically a cash society. You purchase items with Bahraini Dinar or with your credit card. However, when using your credit card on and off base, be very cautious of your credit card receipt. The whole credit card account number, your full name, and credit card expiration date is printed on the receipt. There has been no problem using a credit card but be sure to get your receipt and keep it in a secure place at home until your statement comes. Shred the receipt or keep the receipts in a secure location. One option is use just one credit card with a very minimal balance for shopping in town and with Internet purchases.

HELPFUL HINTS

****HOUSEHOLD GOODS (In bound)**

******Located in bldg 422 next to the NEX Depot., 1785-4265. Hours 0800-1530 Sunday thru Thursday – Saturday 0800-1200 – Closed on Friday. You **MUST** attend a housing brief prior to renting a home. Sign up in the Housing Office.

FINDING A HOME

You **MUST** attend the Housing brief provided by the Housing Welcome Center (Phone: 1785 4104) before looking for a place to rent. Do not sign a lease until housing approves the contents of the lease. Typically you will have 30 - 45 days of TLA (Temporary Living Allowance) while looking for a place to live. There are limited furnished TLA villas available for you to stay vice staying in a hotel for this length of time. Housing can provide additional information regarding the TLA villas. Review the listing of property managers used by previous military personnel. Neither the Housing Office or Fleet and Family Support Center can recommend or endorse these property managers. They are strictly references from other military personnel.

ROAD TROUBLE

CAR ACCIDENT

If you get into an accident in Bahrain all parties involved in the accident must pay a fine on the spot, no matter who is at fault. It is always a good idea to carry extra Dinar (6 - 16 BD) in your car just in case you're involved in an accident. If the driver (**you**) is not at fault there is a 6 BD cost for the traffic report. The 6 BD is reimbursed by the insurance company. If the driver is at fault there is a fine of 16 BD for the traffic report. Never move the vehicle until the police arrive. Expect to wait up to an hour for their arrival. **Bahrain police/fire/ambulance phone # 999. Bahrain traffic and accident phone # 1768-8888. NSA Base Security 1785-4911 or 1785-3283.**

TRAFFIC VIOLATIONS

Some of the stoplights here have cameras and will take a picture of your license plate if you are caught running a stoplight. The ticket will be sent to NSA Bahrain and you will be responsible for paying the fine. If you want to avoid the hassle of paying the fine in person, for a small fee, the Dinar Man will take care of the ticket. Off base: 1785-6495 on base: 439-6495

CONVERSION CHARTS

Oven Temperature Chart: U.S. and British

Heat Level	Degrees Fahrenheit	Degrees Celsius	British (Regulo) Gas Mark
Very cool	200	95	0
Very cool	225	110	1/4
Very cool	250	120	1/2
Cool or slow	275	135	1
Cool or slow	300	150	2
Warm	325	165	3
Moderate	350	175	4
Moderately hot	375	190	5
Fairly hot	400	200	6
Hot	425	220	7
Very Hot	450	230	8

DOMESTIC HELP

HIRING HOUSE HELP

For many, living in Bahrain is the first opportunity to employ a maid or other domestic help. The cost is minimal yet the rewards can be great. Following a few guidelines can make the process of finding and hiring a maid easier and more successful. An interview can tell you much about the candidate. After all, this individual will have near total access to your home. It is certainly worth the effort to conduct a thorough interview.

Once you have decided you would like to hire someone part-time, full-time or on a live-in basis, you need to find candidates to interview. Asking friends if they know of someone is a good place to start. Often when a family leaves the area they will look for a suitable family to hire their maid. Be sure to take the monthly FFSC class – Hiring Domestic Help.

TIPPING

Hotels and most restaurants include a service charge in the bill. This charge is a tax and an extra percentage to the house. None of the service charge goes to your server. Tipping is not expected here as in restaurants in the States, but many of the workers here receive very low wages and really appreciate the gesture. Tipping is obviously a personal choice and opinions on this will vary widely. Here are some guidelines: Taxis, no tips, Porter, 500 fils. (this includes the gentleman that takes your groceries to the car, but not someone who just bags them), Gas station attendant, no tip, food delivery (both restaurant and cold store) 500 fils - 1 BD unless the order is extremely large.

FPO ADDRESSES

When ordering online or via telephone, and a company will accept APO/FPO addresses, occasionally you can use NY as the state and FPO AE as the city. Unfortunately, many companies have exclusive contracts with either UPS or FedEx and just won't ship to P.O. boxes. Keep a copy of the order confirmation number until you receive the shipment, just in case it gets lost or is not received in a timely manner. Keep a list of usernames and passwords that you set up for each of the companies.

SOME TIPS FOR NEWCOMERS TO BAHRAIN:

- Small kitchen appliances/hair dryers/curling irons etc. generally work fine on transformers though the mhz difference greatly affects their performance.
- Non multi-system TV's will not pick up television signals. They work fine for showing American videos and DVD's with transformers.
- English is widely spoken.
- Use only Radio Meter Taxis as other taxi rates may vary. Radio Meter Taxi 24-hour on-call phone # 1768-2999.
- Taxis are very difficult to find between 0630 - 0900 & 1400 – 1600. Other public transportation is hard to find.
- Get a cell phone right away. (Have your sponsor check for a used one as most won't work in the states).
- There are many fast food restaurants and they will deliver.
- Jet lag recovery can take a couple of weeks. Be kind to yourself in the meantime.
- Many services are very affordable here including laundry pick up while you are in temporary housing.
- Many cold stores (similar to 7-11 stores) and supermarkets will deliver.

- Check with the medical clinic regarding what over the counter med's are available.
- Transformers, PAL TV's, and VCR's can be negotiated in your lease by the landlord.
- It gets cool during the winter months.
- There's no cold water during the summer.
- Always carry a tissue pack with you. Some restrooms are under stocked.
- Purchasing alcohol on base is based on a point system. To buy alcohol on base both the sponsor and spouse must complete an application which allows you each 20 points per month. The sponsor cannot purchase off the spouse's account and vice versa.
- MWR will refund 20% of the cost of each ticket/receipt valued up to \$50.00 (or a maximum of \$10.00 per ticket) to all authorized patrons of MWR. The tickets/receipts must be remitted no later than 6 calendar days after participating in the activity. This discount is good for Lessons or Activities (i.e. Horseback riding, Scuba, etc); Tickets (i.e. Concerts, Plays, etc); and Activities/Sports (i.e. Ralley Town, Movies, Tours, etc). Visit the MWR Main Office for more information.

ANIMAL CARE

QUARANTINE PROCEDURE

The NSA Veterinary Clinic must examine each animal upon entry into the country within a few days after arrival and again at the end of the home quarantine period (30 days). An Import Certificate is required to make your pet eligible for the 30-day home quarantine and must be presented to the proper officials when you arrive at the airport. Please refer to the PMM Manual for additional information on the Import Certificate and other pertinent information regarding your pet. NSA Veterinary Clinic can take appointments Sunday, Tuesday - Thursday by calling 1785-4295.

VETERINARIANS

NSA BASE VETERINARY SERVICES

- Phone: 1785-4295
- Location: NSA. From the main road take a left after you pass the Chapel and before you get to the Recreation Center. Pass the Dome on your right and then pass the USO on your right. Continue on this road and the Vet Clinic will be on your left.
- General Info: Provides immunizations, minor surgery, neutering, and health certificates. Call for an appointment. Friendly staff.

DR. NONIE COUTTS

- Phone: 1724-5515 / Email: www.noniecoutts.com
- Location: Salmaniya
- Hours: Saturday – Thursday, 0800 -1700. Closed on Friday.
- General Info: Friendly professional service. Immunizations, surgery, pet grooming, general medical care, total pet relocation management, and boarding facilities.
- Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. When you come to the first roundabout make a left turn (enter 6, exit 9) onto Salmaniya Ave. Go 0.2 mile taking your 1st right after the Do Not Enter Street. Turn before a patch of dirt. If you go to the first light you have gone too far, after turning right. Take your first right and the 1st Villa on the left will be Dr. Coutts' office. Villa #322

KENNEL FACILITY

SAAR KENNEL

Phone: 1779-2064

Location: Sar

General Info: Contact: Freida. Cat and dog boarding Price: 4.5 BD per day.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and turn left at the 3rd roundabout (enter 6, exit 9) onto Saar Road. Go 0.4 miles and turn right at the 1st right after the Mosque. Go 0.3 miles and the road will bend to the left. Pass Al-Bustan Preschool on your right. Go another 0.1 miles. Saar Kennel will be on your right. (If no one answers, honk your horn and someone will assist you.)

DBKC Kenneling

Phone: 1769-4066 Tel/Tad/Fax
3971-7609 Kennel Mobile
3972-9868 Relocations Mobile

Location: Located on the Al Nakheel Highway 1.5 miles west of Barbar village, which sits between the islands northern shoreline and the Budaiya/Saar residential areas.

Hours: Business Hours are officially 0800 to 1800 7 days a week.

General Info: UK style boarding for domestic dogs & cats; professional dog training & obedience (individual & group socialization); hydrotherapy facility for dogs (injured & post operative); grooming availability by appointment; international pet relocation services; long term boarding & shipment to Europe under the PETS travel scheme.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout, (enter 6, exit 3) onto the Budaiya Highway. After the second roundabout, take the 2nd right turn after the Jawards Supermarket turn signposted to Barbar Temple. Turn left at the Barbar village roundabout (Al Nakheel Highway) and DBKC's facility is on the right hand side approximately 1.5 miles from Barbar village.

PETS AND PET SUPPLIES

NEX

Phone: 1785-6886
Hours: 0800 – 2000, seven days a week.
Location: NSA Bahrain
General Info: Dog, cat and puppy food, cat litter (clay and clump), kennels (when available), cat boxes, dog bones, chewies, and biscuits.

MANAZEL'S

Phone: 1778-6727
Location: Isa Town
Hours: 0730 to 2200, everyday.
General Info: Pet supplies as well as hardware supplies like paint, tools, and picture hangers. Seasonal holiday decorations. Some home decorating supplies, candles, pool toys, gardening items, car items.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and go right and then take an immediate right. You will now be parallel to Sh. Salman Hwy. Follow this road to Manazel's which will be on the left. Parking is in the back of the building.

PETS' SHOP

Phone: 1755-0564
Location: Budaiya Hwy near Sanabis
Hours: 0800 - 1300 and 1500 - 1900 seven days a week.
General Info: Vet supplies, pet shampoo, pet carriers, birdcages and accessories. Pet collars, leashes, food, treats, toys, fish supplies and many other things. There is a ready supply of birds and a decent selection of fish. The recently remodeled pet showroom makes it more pleasant to shop. No cats or dogs for sale, but there is a sign that they can get pets of all breeds if requested. **(Please consult the vet on base for guidance with adopting/ purchasing animals out in town.)** They also have LOTS of pigeons!

Directions: From the Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight and get in the right lane and take the Central Market exit. Go around to the Pearl Roundabout. Take the 2nd exit, go 0.3 - 0.5 miles. Take the first exit to the right marked Jidhafs. If you miss it, take a right at the first light onto Budaiya Hwy. Go to the first light and make a U-turn. The PETS' SHOP will be on the right through a metal gate.

FISH GARDEN

Phone: 1759-3793

Location: Budaiya Hwy

Hours: 0830-2200, seven days a week.

General Info: This store carries a lot of American pet supplies including Eukanuba and Iams foods. They have a decent selection of fish; rodent type animals including guinea pigs, hamsters, and rabbits; and usually a cat or two. They have a great selection of fish foods and supplies, as well as bird supplies.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go through two roundabouts. Take a right just after the big Arabic Pepsi Sign into the parking lot. The Fish Garden is in the middle of a few stores with Golden Dough on the right and a ladies salon on the left.

FISH WORLD

Phone: 1759-3733

Location: Budaiya Hwy.

Hours: 0900 – 1300 and 1600 – 2200, seven days a week.

General Info: This store usually has the best selection of fish. If the selection is poor, ask when they will get more fish and come back. They have a variety of fish foods and supplies as well.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and U-turn at the 3rd roundabout (enter 6, exit 6). Go 0.9 mile and turn right into a strip shopping area. Fishworld is the first shop on the right.

BAHRAIN SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

Phone: 1759-1231

Location: Saar

Hours: 0900-1300 closed on Sundays

General Info: The only animal welfare organization in the Gulf. Run almost entirely

by volunteers and supported entirely by public donations. They ALWAYS need volunteers if only to pet and walk the animals.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 6.4 miles on Sh. Khalifa bin Salman Hwy. After the 6.4 miles, exit right at Saar Exit. Go 0.8 miles and turn right immediately after the speed bump. Go 0.3 miles and the BSPCA will be in front of you. Veer right and turn left to park and enter the front gate.

SERVICES

GAS STATIONS

JUFFAIR AVE

Location: Juffair/Adliya
Directions: From Grand Mosque: Take a left on Al Fatih Hwy. Go 0.5 mile and take a right at the first light. Go approximately 0.1 mile. Gas station will be on you left.

TUBLI

Location: Tubli
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 2.3 miles and turn left at the 2nd light (there will be a McDonalds on your left). Go right at the little roundabout. You will now be parallel to Causeway Rd. Continue straight and the gas station will be on the right.

ZINJ/ADARI PETROL STATION

Location: Zinj
Directions: From Grand Mosque take a left on Al Fateh Hwy. Go 1.0 mile and turn right at 2nd light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Pass through two lights. After the 2nd light, look to the right and you will see a Dairy Queen. Take the next right hand turn after the Dairy Queen. The gas station will be ahead of you on the left.

CENTRAL MARKET/AL MUNTAZAH MARKET

Location: Manama
General Info: There is a car wash behind the gas station.

Directions: From the Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light and go around to the Pearl Roundabout. (enter 6, exit 8). The gas station is on the right immediately after Al Muntazah Market (across from Marina Mall).

EXHIBITION AVE.

Location: Al Hoorah/Manama
Directions: From the Grand Mosque: Take a right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. At the third roundabout take the first right (enter 6, exit 3) onto Tarafa Bin al Abd Ave. The gas station will be on the left.

ALOSRA ROUNDABOUT

Location: Budaiya/Saar

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and you will see the gas station on the left as you approach the 3rd roundabout. To enter the gas station, approach the 3rd roundabout and exit onto Saar Rd. (enter 6, exit 9). Go 0.2 mile and take your first left and the entrance to the gas station will be in front of you.

EXHIBITION CENTER

Location: Sanabis

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light and get into the extreme right lane at the Pearl Roundabout. Enter the Pearl Roundabout and take the first exit. Look for the Pearls Tri Towers on right. Keep going until you reach the Dana Mall Roundabout (enter 6 and exit 12). Keep going until you reach the second roundabout (enter 6 and exit 3) which takes you directly to the Exhibition parking lot.

ISA TOWN

Location: Isa Town

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and turn left (enter 6, exit 9) into the Isa Town Gate. Go straight and turn right at the next roundabout onto Al Quds Rd (enter 6, exit 3). Go to the next roundabout and bear left (enter 6, exit 9). Follow this road to another roundabout and turn right (enter 6, exit 3). The gas station is on the right.

AUTO REPAIR/GARAGES/DEALERSHIPS

NAHRAWAN CAR SERVICES

Phone: Garage Phone: 1759-0148
Location: Budaiya
General Info: The owners are mechanical engineers by profession.
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles. Take the Madinat/Hamad/Manama City Centre exit and bear right onto the Manama City Centre exit. This will put you on Sh. Kalifa Bin Salman Hwy. Go 1.7 miles and take the first exit (Manama West/Budaiya Exit). At the roundabout (Burgerland Roundabout) go right (enter 6, exit 3). Nahrawan is on the right. Look for the big blue GoodYear sign.

TOYOTA / LEXUS

Phone: 1773-0730
Location: Sitra
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first traffic light. After the 2nd light, go 0.2 miles and Toyota/Lexus will be on your right.

CHEVROLET

Phone: 1745-7100
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first traffic light. After the 2nd light, go 0.2 miles and Chevrolet will be on your left.

EURO MOTORS (BMW/LANDROVER)

Phone: 1775-0750
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first traffic light. After the 2nd light go 1.4 miles and BMW/Land Rover will be on your right.

NISSAN/INFINITI

Phone: 1773-6060
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first traffic light. After the 2nd light go 1.9 miles and Nissan/Infiniti will be on your right.

FORD

Phone: 1773-7373
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first traffic light. After the 2nd light go 2.3 miles and Ford will be on your right.

VOLKSWAGEN

Phone: 1770-1333
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first traffic light. After the 2nd light, go 3.6 miles and Volkswagen will be on your right.

DODGE

Phone: 1723-8822
Location: Zinj
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Turn right at the second traffic light (Hwy 35). At the 2nd traffic light (0.8) turn left. Go 0.2 miles and Dodge will be on your right. HOWEVER, you must travel down a mile and turn right at the Tashan sign. At the stop sign go left and go left again at traffic light. Travel 0.9 of a mile and Dodge will be on your right.

BAHRAIN POSTAL SERVICES

MAIN POST OFFICE

Location: Government Ave., Manama (across the street from the Manama Souq, “Bab Al Bahrain”).
Directions: From Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 0.8 miles and turn left at the second light. Take the first right and go straight. You will see a parking lot on your right. To park on the right, take the immediate right into the

parking lot. Facing the KFC look to the right and you will see an arch. This is the entrance to the “Bab Al Bahrain”. Now, standing in front of the Bab Al Bahrain, turn so that your back is to the Bab. The Post Office is directly across the street.

ADLIYA POST OFFICE

Location: Adliya (Off Sh. Isa Ave)
Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Turn left at the first light onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to the 1st light and turn left onto Sh. Isa Ave, then take an immediate right. Turn right at the little roundabout and the Post Office will be on the right.

POST OFFICE, BAHRAIN MALL

Location: Bahrain Mall
Hours: 0900 - 1100 and 1800 – 2000
Directions: See “Malls” listed under “Shopping” for directions to Bahrain Mall. The Post Office is located on the 1st floor.

CAR WASH

ACLEAN CAR, CAR WASH

Location: Off Exhibition Ave.
General Info: This automatic car wash is better for your car than hand washing; the sand is removed, not just moved. Cost: 1 BD outside; 2 BD inside/outside. Extra for large vehicles.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. At the 2nd roundabout (Fountain Roundabout) bear left onto Zubarah Rd (enter 6, exit 9). Go about 1 block and you will see the car wash sign which is mounted on a gray wall. Take the 2nd right and then a 1st right to enter the car wash from the rear of the building. A man will come to your car and collect the money.

BEAUTY PARLORS

RACHNA’S HENNA SALON

Phone: 1771-6699
Location: Adliya
General Info: Excellent job of Henna. Cost 4-6 BD (average).

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. Pass the Gulf Hotel on your left and turn left at the next traffic light onto Osama bin Zaid Rd, aka Shwarma Alley. Go through the light at Sh. Isa Ave. Pass

Al Jazira Cold Store on the right and take an immediate left (opposite the KFC). Take the second right; you will see the salon on the left hand side opposite Casa Mexican Restaurant.

JOZ'S BEAUTY FOR MEN AND WOMEN

Phone: 1753-4997
Location: Sheraton Complex, Manama
General Info: Facials, Bikini Waxing, Full Body Massage, Henna, Hair Styling. Men and women salons are separate. Cost: very reasonable.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Turn left at the 2nd light onto Palace Ave. Go to the traffic light and take right onto Government Ave. Go to next traffic light and take another right onto Isa Al Kabeer Ave. Take the first right into a gated parking lot. Joz' s Beauty Salon will be on the right inside the Bahrain Commercial Complex.

Dessange Spa, Salon, Health Club & Laser

Phone: 1771-3999
Location: Adliya, Al Bustan Hotel
Hours: 0700 – 2100
General Info: Dessange Paris brings to Bahrain the very latest services and products of hair styling, beauty, exercise, nutrition and spa rituals. From the moment you step inside Dessange in the heart of Adliya, you will begin to relax, unwind and leave your troubles behind. Offering state-of-the-art treatments and services in a luxurious setting. Dessange features a tranquil spa, a prestigious hair and beauty salon, an energetic healthclub and a highly efficient laser. Dominated by the principles of hygiene and cleanliness, Dessange in Bahrain is a place where women can be made beautiful from the tips of their toes to the ends of their hair in a single place.

Spa: The spa offers a wonderful array of exclusive treatments, including Moroccan baths, aromatic and energy massages as well as effective facials, hydrotherapy and a number of assorted body and beauty treatments. Products used and sold at the Spa include Dessange Beaute, Dermalogica, Elemis, and Dr. Murad.

Healthclub: The health club at Dessange in Bahrain is fully equipped, air conditioned and offers state of the art cardiovascular equipment with personal TV viewing screens, a wide selection of individual resistance stations complemented by free weights to gain all round health and fitness goals. A wide variety of new and innovated classes include aerobics, spinning, freemotion, yoga, private & mat pilates, and many more.

Salon: Experts for cutting, colouring, hair treatments, styling & make up. Nail specialists (Acrylic, Gel, Manicure and Pedicure).

Laser: Hair removal & endermologie.

TRAVEL AGENTS

BAHRAIN INTERNATIONAL TRAVEL

Phone: 1722-3315

Location: Manama Souq

Hours: 0800 - 1300 and 1515 - 1815.

General Info: Prompt service and very knowledgeable about FEML (Funded Environmental Morale Leave).

Directions: From Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 0.8 miles and turn left at the second light. Veer right to the right just before the traffic light and go straight on; you will see a parking lot on your right. Walk across the street towards Dairy Queen. Bahrain International Travel is located on the first floor in the large bank building behind the Dairy Queen.

BASMA TRAVEL

Phone: 1772-5392

Location: Juffair (near the XEROX building)

Hours: 0800-1300 1500-1800

General Info: Prompt service and very knowledgeable about FEML (Funded Environmental Morale Leave).

Directions: Take Awal Ave (the road next to the Grand Mosque) away from the Al Fatih Hwy. Turn right at the first opportunity, as if you were going to the base. At the "T" intersection turn right. Drive 0.4 miles following the road as it veers left. Havana's Restaurant will be on the right. Turn into the mall complex after Havana's and Basma Travel will be about halfway down on the right.

COMPUTER SERVICES

PC DOCTOR

Phone: 1725-1114

Location: Lulu Center

Hours: 0830-2100 Friday 1600-2100

General Info: Carries a variety of hardware (speakers, monitors). Also have technicians for repairs. Friendly environment and most reasonable prices for PC products.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.6 miles and U-turn at Pearl

Roundabout (enter 6, exit 6). Take your first right at the LULU Center Sign. At the light, turn right. PC Doctor is located in the white building on your left (same building as Mega Mart). First hallway on your left as you enter the main door.

PHOTOGRAPHY

DIGIMAX Digital Studio Lab & Graphics

Phone: 1771-6765
Location: Adliya, Osama Bin Zaid Ave. (Shwarma Alley)
Hours: Saturday – Thursday, 0900 - 2200. Closed on Friday.
General Info: Family portraits. Digital pictures.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Shwarma Alley). Digimax will be a short distance on the left side (about the 5th shop on the left).

SEWING MACHINE REPAIR SERVICES

AL-KHAYYAT TRADING EST.

Phone: 1722-3321
Location: Manama Souq
General Info: Sale and repair all kinds of sewing machines, mixer grinders, juicers, irons, and other electrical equipment.

Directions: From Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 0.8 miles and turn left at the second light. Veer to the right just before the traffic light and go straight on; you will see a parking lot on your right. Walk across the street towards KFC fast food restaurant. Facing the KFC, look to your right for the “Bab Al Bahrain Arch”. Go through the arch. Walk straight and turn right when you see “Mohammed Jamil Fabrics”. Al-Khayyat Trading Est. will be on your right.

HOME, FURNITURE AND HARDWARE

(Moving damage repair)

UPHOLSTERY & DECORATOR FABRIC SHOPS

ABID CURTAINS & UPHOLSTERY

Phone: Office: 1772-1626 Mobile: 3962-2311

Location: Mahuz/Tubli

General Info: Repairs damage to upholstery. Does an excellent job at re-upholstery at a fair price. Specializes in curtains, carpets, and upholstery. Can also make bed comforters and pillow shams

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Take the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. Go 0.4 miles and ABID's will be on the right after a long strip mall.

CARPENTRY SHOPS

AL NOOH

Phone: 1769-4569/1769-1300

Location: Qurayyah, off Janabiya Hwy.

Hours: 0700 - 1200 and 1330 – 1630.

Closed Fridays

General Info: Lumbar yard and carpentry shop.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 8.8 miles and take the Budaiya/Riffa exit. You will see Kid's World on your right. After the exit turn right onto Janabiya Hwy. Go 1.9 miles taking the 1st right after the Northern Government Office Building. There will be a sign with A.E. ALHOOH & Sons. Take your first left into the lumberyard (it will look like a village). Weave down the road and the Sales Office will be on right.

HARDWARE STORES

BOKHAMMAS

Location #1 Exhibition Ave

Phone: 1771-4174

Hours: 0730 - 1230 and 1330 – 1900 Closed on Fridays.

General Info: Variety of hardware supplies, paint, tools, key making.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the 1st light, turn left onto Sh. Daij Ave. Then take the 1st right onto Exhibition Ave. Bokhammas will be on the left within a block. You will see a yellow/green sign.

Location #2 Adliya - Bokhammas Trading

Phone: 1771-6669

Hours: 0800 -1230 and 1500-1830 Closed on Fridays.

General Info: Hardware supplies, paint, tools, kitchen utensils, artificial flowers, and misc toys.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. At the 1st light turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go through the next light. Go down a block and turn right just past Baskin Robbins. Continue straight ahead. There will be a line of shops on your right. Bokhammas is the last shop on the right.

MANAZEL'S

Phone: 1778-6727

Location: Isa Town

Hours: 0730 – 2200, everyday.

General Info: Hardware supplies like paint, tools, picture hangers. Seasonal holiday decorations. Some home decorating supplies, candles, pool toys, gardening items, car items.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and go right (enter 6, exit 3). Then take an immediate right; you will now be parallel to Sh. Salman Hwy. Follow this road to Manazel's, which will be on the left. Parking is in the back of the building.

FURNITURE

HOME CENTRE

Phone: 1725-0034
Location: Marina Mall
Hours: 1000 - 2200 seven days a week
General Info: Dining room tables, couches, beds, entertainment centers, etc. Also carries a large supply of home décor items

Direction: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light. Enter at 6 and exit at 8 onto Suwaifayah Ave. At the first traffic light U-TURN and then make your 1st right to get into the parking lot of the Marina Mall. Home Centre is located on the 2nd floor. There is a Home Centre located on the second floor of the Bahrain Mall.

AL-WASMI

Phone: 1733-3499
Location: Busaiteen
Hours: 0700-1300 and 1400-2000 Closed on Fridays.
General Info: They make beautiful custom made furniture. You can choose pieces from your favorite furniture catalog and they will copy it exactly. You must be specific about the type of wood and stain color or they will automatically use oak. Manager: Ali Marzooq, mobile # 3942-0202.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right at the 3rd traffic light onto Sh. Isa Bin Salman Causeway. Go over the bridge and take the first left. Go straight and go through the first roundabout. Go to the end of that road and take a right. Go straight to the end of the road and make a right; then take the first left and the shop is the only shop on the right.

****There is a collection of furniture shops on Sh. Salman Hwy. Directions to this general area are as follows:**

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and exit 1st right at the Manama West Exit onto Sh. Salman Hwy. Drive along this road and you will see numerous furniture stores. If you go approx 2.5 miles (from where you exit) and turn right onto Hwy 35

and go approx 0.5 miles and approach the 2nd light. This will bring you back to the Sh. Khalifa bin Salman Hwy (aka Causeway Road). Turn left at this light and you will pass the American Embassy on your left.

CARPETS

****NOTE:** It is best to attend the Carpet Buying Seminar offered by the Fleet and Family Support Center (FFSC) on base before buying carpets. Always shop and compare prices before deciding on a purchase.

CARPET HOUSE

Phone: Store: 1771-0163. Mobile: 3946-5687
Location: Adliya (aka Schwarma Alley)
Hours: 0900 -1300 and 1530 –2200
General Info: Point of Contact. Mohammed. Mohammed does many of the rug flops for the ships that pull into port here. He speaks excellent English and is very helpful.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go through one traffic light. His shop is approximately one block down on the right just past the Baskin Robbins.

OASIS HANDMADE CARPET CENTRE

Phone: Store: 1771-3197 Mobile: 3946-0324
Location: Adliya - Osama Bin Zaid Ave (aka Shwarma Alley)
Hours: 0900-2230
General Info: Contact: Abdul Wahed Abdulla. Abdul is very helpful and friendly. Abdul does many rug flop parties, provides local food for the party. He will bring the food, set up and leave for approximately an hour for you to mingle with your guests and then return with a lot of rugs for you and your guests to look at and buy, however, no obligation.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). When the road turns to the right, Oasis Carpets will be on your right.

CITY CARPETS

Phone: Store: 1771-6158. Mobile: 3961-3269. Bleep: 3937-3271
Location: Adliya
Hours: 0900-2200
General Info: Contacts: Abdul and Sadiq Al-Omari (brothers). Abdul and Sadiq are happy to give free carpet lessons without expectation to purchase. 35 years of experience in the business. Wide range of old and new carpets, different qualities and sizes. Most carpets are from Iran, some Afghan and Indian Pakistani. Willing to negotiate interest free payment plan. Transportation to home provided to view carpets without obligation to

buy. If carpet search doesn't prove fruitful, they will try and locate carpets at their other two carpet shops or take a trip to Iran!!!

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). City Carpet is first carpet shop on the right side of the road.

BRADRAN'S CARPETS

Phone: 1722-8655

Location: Near Manama Souq/Gold City

Hours: Saturday - Wednesday 0830 - 1300 and 1530 - 1900 Thursday, 0830 – 1930.

General Info: Persian and Chinese carpets of the best quality. These are the men who teach the class at Fleet and Family Support Center. They are very willing to spend time teaching about the carpets. Great place to start learning. The prices are set and determined by the strength of the Iran currency. No haggling makes comparison easy. Oriental carpets and more for home decorating and gifts.

Directions: See "souqs" listed under the "Shopping" section of Camel Crossings for directions to the Manama Souq. Before walking through the Bab Al Bahrain Arch, turn right and walk right along Government Ave (this is the road in front of the Arch). Walk a couple of blocks and turn left after the Bahrain Islamic Bank and before Gold City. The carpet shop will be on the left.

HANDMADE CARPETS

Phone: 1729-3695

Location: Exhibition Ave

Hours: 0830-1300 1600-2100

General Info: Ask for Sadiq or Abu Sadiq. Shop is owned by Abu Sadiq, Sadiq's father. Persian, Turkish and Pakistani carpets. May not lower his prices as much as some other shops, but is honest and stands behind the quality of his carpets. Cleans and repairs carpets.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the second roundabout. The shop is in this block on the right. If there is no parking available on the street, take the next right hand turn and bear right into the empty lot to park, then walk back about half a block to the shop.

GARDENING SHOPS

SINGAPORE FLOWERS

Phone: 1774-2456

Location: Adliya

General Info: There are indoor and outdoor plants but the specialties are exotic flower arrangements and orchids. Pricey but you can get a 15% discount if you bargain.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. Turn left onto Osama Bin Zaid (aka Shwarma Alley). At the next traffic light cross over Sh. Isa Ave., and continue straight. Pass the Al Jazira Cold Store and KFC on your right. Singapore Flowers is on the left side almost opposite the KFC.

AL-KHAIR AGRICULTURE CENTER

Phone: 1769-7881

Location: Budaiya Hwy

General Info: Indoor/outdoor plants, fertilizer

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. If you go through the Pearl after the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue on Budaiya Hwy. After the 2nd roundabout, go approximately 0.6 mile (about 100 yards after the right turn for Jawads). Al-Khair Agriculture Center will be on the right hand side of the road.

JASSIM'S GARDEN CENTER

Phone: 1755-2808

Location: Sanabis

Hours: Saturday - Wednesday 0830 – 1300 and 1330 – 1930
Thursday, 0830 – 1930
Friday 0900-1200

General Info: Large selection of indoor plants, some outdoor plants, decorative pots, gardening tools, potting soil, mulch, seeds, and fertilizer.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light. Take the 2nd exit off the roundabout onto King Faisal Hwy. Go to 1st light and turn right onto Budaiya road. Go 0.5 mile and turn right onto Ave 2. Take the first right after small mosque. Jassim's is on the right.

AL MAZRA'AH GARDEN CENTRE AND NURSERY

Phone: 1773-1300

Location: Sitra Industrial Area

General Info: The store clerks are very helpful and know about seasonal plantings. There is a good selection of everything for the home garden. The prices are competitive with the other nurseries.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Turn left at the first light. Go across the Sitra Bridge. Take the first left turn after you cross the bridge (there is a light signal). This road will take you to the industrial area. Follow this road for two large blocks. Watch for the Al Mazra'ah sign on the right hand side. Turn right. You will see the parking lot and fence set back about 2 blocks from this main road. The Al Mazra'ah Nursery is located almost across from Gate No. 3 of the Industrial Area.

AGRO FLORA

Phone: 1755-5676

Location: Budaiya Rd near Sanabis

Hours: 0700 - 2200 continuous.

General Info: Great service. Large selection of indoor and outdoor plants. Small case of cut flowers and arrangements. They carry a wide selection of accessories including pots, potting soil, seeds, and fertilizers/pesticides. They have an organic pesticide that seems to work quite well. The staff is pretty knowledgeable about what various plants need as far as which need to be in the sun, shade, by a window, etc.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit, go left at the traffic light. Take the 2nd exit off the roundabout onto King Faisal Hwy. Take the first exit to the right, marked Jidhafs. If you miss it, take a right at the first light onto Budaiya Hwy. Go approximately 100 yards and Agro Flora will be on the right side of the road.

ART AND FRAMING

SHEEMA FRAMING

Phone: 1771-3235
Location: Adliya
Hours: 0900 - 1230 and 1600 - 2000
General Info: Contact person: Mustafa Shafiq. . Reasonable prices for good framing. Custom framing and art.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. Turn left onto Osama Bin Zaid (aka Shwarma Alley). Go through the 1st light. Pass KFC on your right. Turn right just past Peacock Carpets. Take immediate right and then left. It's next to a cold store.

BASHAR ART GALLERY

Phone: 1772-7326
Location: Al Meena Roundabout, Adliya
Hours: 0830 - 1230 and 1500 -1900, everyday except Friday
Friday Hours: 1000 - 1200 and 1600 - 1800
General Info: Contact person: Ali Sheikh Basheer. Framing at reasonable prices. Also sells local paintings.

Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.5 mile and take a right at the first light. Go past gas station on the left and through the next light passing over Sh. Isa Ave. At the roundabout (Al Meena Roundabout) make a right (enter 6, exit 3). Bashar Art Gallery will be on the right, however, the entrance and parking are at the rear of the building. Make the next available right turn and then make another immediate right and drive until the end of the road and park.

AL OREIFI GALLERY

Phone: 1753-5112
Location: Bahrain Commercial Complex (behind Sheraton Hotel)
Hours: 0830 - 1300 and 1600 -2000
General Info: Gallery and shop of artist Rasid Al Oreifi.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Turn left at the 2nd light onto Palace Ave. Go straight on and veer right just before the traffic light onto Government Ave. Go to next traffic light and bear right onto Isa Al Kabeer Ave. Take the first right into a gated parking lot. Al Oreife Gallery will be inside the Bahrain Commercial Complex.

SHOPPING

GROCERY SHOPPING

There are many food stores in Bahrain and they vary from stores that look familiar to those that look very foreign. Produce most often is fresher and cheaper on the economy. This is true of many other products, spices in particular. There are many fabulous Indian and Oriental products at great prices. Many stores even have products that are very western. Smaller stores, called COLD STORES, are like the 7-11 stores in the states. Most neighborhoods have at least one if not more of these little places. Great place to pick up milk and bread. Many will even deliver once you establish a relationship with them.

CENTRAL FISH MARKET

Phone: N/A

Location: Manama (by the Pearl Roundabout)

General Info: Great for VERY fresh fish. Lots of varieties. Feel free to negotiate. Look around as the prices can vary a great deal from one vendor to another. There is a false feeling that you should go early in the morning for freshness though some shoppers have gone at noon and gotten hamour (the local mild, white fish) that is still hopping. Most all fish and shellfish are sold whole and there are people to clean them on site. This is great for whole fish, but some prefer to have their domestic help clean the shellfish or calamari when they get home. The smell in hot weather can be oppressive and the floors are always wet and smelly. It is a good idea to take two pair of shoes and change before you get back in the car. A rubber bucket or any waterproof container is good as leaks can really last in your car. These tips are from experience and not meant to discourage you from going. It can be a fun place for kids as most of the vendors love kids and delight in showing them the different kinds of fish. If you like calamari (squid), it is a great deal here and is available year round. Shrimp is seasonal. It can be a good buy, but beware. Some vendors put large shrimp on top so make sure that you are getting the size shrimp you pay for. In Bahrain, shrimp is generally referred to as prawns though this is not necessarily a size designator.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light, get into the extreme right lane of the Pearl Roundabout. Take the third exit onto Suwaifiyah Ave. At the first traffic light U-TURN and then make your 1st right. The Marina Mall will be on your right and the Fish Market is on your left.

CENTRAL VEGETABLE MARKET

Phone: N/A

Location: Manama (by the Pearl Roundabout)

General Info: Better quality and better prices on fruit and vegetables than you will find in the regular stores. In the fruit section, the vendors tend to sell by the case. Good prices, but you will probably want to split with friends. This is generally not the case in the vegetable section. There are lots of choices and some vendors will let you taste. If you are into salads; experiment, there are lots of different greens and the vendors will let you sample.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light and get into the extreme right lane of the Pearl Roundabout. Take the third exit onto Suwafiyah Ave. At the first traffic light U-TURN and then make your 1st right. Go past the Marina Mall and the Fruit/Vegetable Market will be on the right.

JAWADS SUPERMARKET

Phone: 1769-1010

Location: Budaiya

General info: This is a good supermarket that caters to western tastes. You will find a variety of products including produce, bakery, meat, and deli. There is a pork section here that has a good selection. This store has a variety of products and a variety of prices. At Christmas they have some cute ornaments at really good prices. Be sure and apply for a Jawads card if you plan on shopping here on a regular basis. You will get credit towards "Jawads" dinar that are redeemable at several places on the island.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue straight thru two roundabouts. Jawads is on the right a short distance after the 2nd roundabout. Look for the sign as the store sits off the road about 0.2 miles. If you reach the 3rd roundabout, you've gone too far.

AL JAZIRA

Phone: 1774-0111
Location: Mahooz, Um Ishoom Ave and Al Qadisiya Ave
General info: Basically see Jawads. They also have an “Al Jazira” card
Hours: 0800 - 2200 seven days a week.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right onto Um Ishoom Ave. Al Jazira’s grocery store will be on your left.

ALOSRA SUPERMARKET

Phone: 1769-7558
Location: Budaiya - Saar Road
Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and you will see Alosra Supermarket on the left as you approach the 3rd roundabout. To get to the supermarket, approach the 3rd roundabout and turn left at Sara Rd. (enter 6, exit 9). Go 0.1 mile and take your first left into the supermarket parking lot.

*****Bahraini bread can be found at many bakeries throughout the island; however, the directions listed below are to a bakery located in Juffair near the base.

Directions: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.2 miles and turn left just after the bus stop. There will be a row of shops in front of you. Slightly to the right in this row is a cold store with light blue shutters; this is the bread place. If you go in the afternoon/evening you’ll see people coming out with stacks of bread!

SOUQS (MARKET PLACES)

MANAMA SOUQ

Location: Manama
General Info: You can find a variety of local craft items here as well as electronics, kitchen appliances, sheets, baskets, fabric, furniture, toys, and gold, lots

of gold. A good rule is to price items at GEANT or GIANT to make sure you can bargain for a fair price. Parking is .200 fils for the first two hours and .100 fils for each additional hour. Souq hours are generally 0830-1230 and 1600-2000. If you get hot and want some refreshments, try relaxing at La Veranda Restaurant/Coffee Shop located in the Aradous Hotel. They have lunch buffet and a nice view of Manama and the water. See “Local Variety” listed under Restaurants in the Camel Crossings for details.

Directions: From Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 0.8 miles and turn left at the second light. Veer to the right just before the traffic light and go straight; you will see a parking lot on your right. Looking at the KFC, you will need to cross Government Ave. Facing KFC look to the right and you will see an arch. This is the entrance to the “Bab Al Bahrain” Manama Souq.

MUHARRAQ SOUQ

Location: Muharraaq

General Info: One of the least changed areas of Bahrain. In the back streets you can see much of the old style architecture. On the main street you can visit fabric shops, sweet shops, etc. Most shops close around 1230 and re-open around 1600.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right onto Sh. Isa Bin Salman Causeway. Go over the sail bridge. At the 2nd light turn right onto Sh. Salman Ave. Go through the roundabout (enter 6, exit 12) and turn left at the big bridge. Go straight through the small roundabout and you are at the souq. Parking is best in the first parking lot on the right. It's about 200 fils to park for 2 hours.

ISA TOWN SOUQ

Location: Isa Town

General Info: Fabric, dishes, kitchen utensils, odds and ends. Household items. Casual furniture. Rubbermaid-like items. No fee for parking. This souq is MUCH smaller than the Manama Souq. Souq hours generally 0830-1230 and 1600-2000.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and turn left (enter 6, exit 9) into the Isa Town Gate. Go straight and turn right at the next roundabout onto Al Quds Rd (enter 6, exit 3). Go to the next roundabout and bear left

(enter 6, exit 9). Follow this road to another roundabout and turn right (enter 6, exit 3). At the 2nd street turn right. The Isa Town Market and the parking lot will be on the left. No fee for parking.

JEWELRY

****NOTE:** It is best to attend the “Gold Buying Seminar” offered by the Fleet and Family Support Center (FFSC) on base before buying gold. Always shop and compare prices before deciding on a purchase. There are a lot of gold shops, so take your time and make a good purchase. FFSC offers gold buying seminars monthly. Call or stop by the FFSC for further information. Phone: 1772-4046.

GOLD SOUQ

- Location: Manama Souq
- General Info: The shopping mall for Gold!!! Dozens of gold, silver and gem shops all in one stop. Closes on Friday’s at noon for the rest of the day.
- Directions: See “Souqs” listed under “Shopping” for directions to the Manama Souq. Enter the Manama Souq through the Bab Al Bahrain Arch. Cross the street and walk straight making a left turn at the 3rd street on your left (fabric shops will be on the right). The first building on the left will be the Gold Souq.

GOLD CITY

- Location: Walking distance from Manama Souq
- General Info: Similar to Gold Souq. You can park in the Manama Souq parking areas and walk a few blocks or you can drive directly to Gold City and use their free Valet Parking. Hours: 0930 – 2130, everyday except Friday. (On Friday most shops only open in the evening.)
- Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Go to 2nd light and turn right onto Government Ave. Go a short distance (few blocks) and you will see Gold City on your left.

SOUVENIRS AND HANDICRAFTS

KASHMIR ART EMPORIUM

- Phone: 1725-3234
- Location: Manama Souq
- General Info: Large selection of crafts, brass, silver and jewelry. Hours: Saturday - Thursday 0930 –1200 and 1630 – 2000. Closed on Fridays.
- Directions: Follow directions to Manama Souq listed under “Souqs” in the “Shopping” section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch, take your first left. Turn right at your second street (there will be a yellow sign with red lettering

for Ethnic Crafts). When you come to a “T” turn left. The store will be a few shops on your right.

ETHNIC CRAFTS

Phone: 1755-6246
Location: Juffair (near Bahrain School) and Manama Souq.
Hours: Saturday - Thursday 0930 – 2000 Closed on Fridays.
General Info: Wide variety of crafts and souvenirs from Bahrain, India and Pakistan.
Juffair

Direction: Location #1: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.4 miles to the first roundabout and Danah Handicrafts will be on your left. Parking in back.

Manama Souq

Direction: Location #2: Follow directions to Manama Souq listed under “souqs” in the “Shopping” section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch, take your first left. Turn right at your second street (there will be a yellow sign with red lettering for Ethnic Crafts). Ethnic Crafts will be about halfway down this street on your left. Hours: 0830 – 1300 and 1600 - 2100. Friday, 1600 – 2030.

BOOKSTORES

NATIONAL BOOKSTORE

Phone: 1729-3840
Location: Exhibition Avenue
General Info: Nice selection of books.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Just after the first roundabout you will see National Bookstore on your left. You may go to the 2nd roundabout and U-turn (enter 6, exit 6) and park on the side of the road if no parking available on right side of the road.

THE BOOKCASE

Location #1: Budaiya Hwy.

Phone: 1769-0566 Email: bookcase@batelco.com.bh
Website: bahrainbookcase.com
Hours: Open seven days a week from 0900 - 2000.
General Info: Nice selection of books, gifts and school supplies for all the family. Similar to a Hallmark store.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and U-turn at the 3rd roundabout (enter 6, exit 6). Go 0.3 miles and turn right. The Bookcase will be on your right.

Location #2: Seef Mall, First Floor

Phone: 1758-1315.
Email: bookcase@batelco.com.bh
Website: bahrainbookcase.com
Hours: 1000-2200, 7 days a week.

General Info: Gifts and gift books for all the family.

Directions: See “Malls” listed under “Shopping” in the Camel Crossings for directions to Seef Mall. The Bookcase is on the first floor.

FAMILY BOOKSTORE

Phone: 1721-1288
Location: Near American Mission Hospital.
Hours: 0800 - 1230 and 1630 - 2100.
General Info: Good selection of adult and children’s books and paperbacks. Popular novels, new releases, local history, culture, and local language. Also carries a large selection of non-fiction including bibles, dictionaries, etc.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 0.7 miles and turn right at the first light onto Kuwait Ave. When you cross over Salmaniya Ave., the road will now be Mutanabe Ave. Continue on to the roundabout and bear right onto Sh. Isa Al Kabeer Ave. You will come to a split in the road, bear left to stay on Al Kabeer Ave. Pass the American Mission Hospital on the right. The road will bear around to the left. You will see Family Bookstore on the right just after the bend. Parking is behind the shop.

*****TOYS**

TOYS R US

Location: Sanabis, next to Seef Mall
Hours: Saturday-Wednesday 1000-2200 Thursday & Friday 1000-2300
General Info: Prices generally run higher than stateside prices, but this is no postage and handling!!!

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Take the first left at the traffic signal. Go about .3 miles and make a left at the Seef Mall traffic. At the roundabout; take a right (enter 6, exit 3). Take another first right. Toys R Us will be on your right.

MULTI-PURPOSE STORES

NAVY EXCHANGE (NEX)

Phone: 1785-6886
Location: NSA Bahrain
Hours: 0800 – 2000, seven days a week.

General Info: A 30,000 sq. ft., two-story Navy Exchange (NEX) offers a wide assortment of food, snacks, beverages, spirits, beer, health & beauty products, household supplies, house wares, small appliances, home electronics, computers and accessories, DVDs, CDs, books & magazines, perfumes, sporting goods, luggage, watches, clothing, shoes, sunglasses and much, much more!

There is a full-service deli offering USDA meat and cheeses flown in from America and a produce department featuring fruits and vegetables imported from around the world. The NEX also offers a Rug Souk and Jewelry Shop which have the best prices in Bahrain. There is a Trek Bike vendor, Custom Furniture store, Video Rental, Cellular Phone shop, floral department and a Baskin-Robbins ice cream shop. The NEX offers a Special Order program for hard-to-find items as well as the "Transshipment Program" for Mail Order catalog items too large for mailing.

GEANT

Phone: 1755-8181
Location: Sanabis, Bahrain Mall.
Hours: 1000 - 2400, seven days a week.
General Info: GEANT is the closest thing to a Wal-Mart Superstore here in Bahrain.

They carry clothing, shoes, some hardware supplies, toys, computer and electronic equipment, furniture items, household supplies, groceries.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go approximate 1.5 mile and exit at the Sanabis exit. Get in the second lane and turn left at the traffic signal. Go approximately .5 miles and turn left at the traffic signal into the Bahrain Mall parking garage. GEANT is located on the 2nd floor.

BOKHAMMAS

Location #1 Exhibition Ave

Phone: 1771-4174

Hours: 0730 - 1230 and 1530 – 1900

General Info: All kinds of hardware supplies, paint, tools, key making.

Directions: From Grand Mosque: Turn right onto Al Fatih Hwy. At the 1st light turn left onto Sh. Daij Ave. Take the 1st right onto Exhibition. Bokhammas will be on the left within a block. You will see a yellow/green sign.

Location #2 Adliya - Bokhammas Trading

Phone: 1771-6669

Hours: 0800 - 1230 and 1600 - 2000

General Info: Hardware supplies, paint, tools, kitchen utensils, artificial flowers, misc toys.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. At the 1st light turn left onto Osama Bin Zaid Ave (Schwarma Alley). Go through the next light. Go down a block and turn right just past Baskin Robbins. Continue straight ahead, you will see a line of shops on your right. Bokhammas is the last shop on the right.

MANAZEL'S

Phone: 1778-6727

Location: Isa Town

Hours: 0730 – 2200, everyday.

General Info: Hardware supplies like paint, tools, picture hangers. Seasonal holiday decorations. Some home decorating supplies, candles, pool toys, gardening items, car items.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman

Hwy. Go to the 2nd roundabout and go right (enter 6, exit 3). Then take an immediate right, you will now be parallel to Sh. Salman Hwy. Follow this road to Manazel's, which will be on the left. Parking is in the back of the building.

DISCOUNT HOME STORES

Location: Adliya (off Sh. Isa Ave)

General Info: Clothes, shoes, home appliances, home décor, shelving unit, dishes.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. You will see Discount Home Store on your left as you approach the first roundabout. Make a U-turn at the roundabout (enter 6, exit 6). Take your 1st right and another 1st right to get to the parking lot in front of the store.

MALLS

SEEF MALL

Phone: 1758-2888

Location: Sanabis

Hours: 1000 – 2200, seven days a week.

General Info: Cinema showing the most recent movies. Movie prices are comparable to the states. Also has two food court areas including Pizza Hut, Dairy Queen, and McDonalds. Clothes are fairly expensive, but look for the sales and you can purchase quality clothes at a decent price.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Take the first left at the traffic signal. Go about .3 miles and make a left at the Seef Mall traffic signal. Go another 1 mile and the Seef Mall exit is on your right. The Seef Mall will be on your right.

A'ALI MALL

Phone: 1758-1000

Location: Sanabis

General Info: Mainly upscale clothing stores.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Take the first left at the traffic signal. Go about .3 miles and make a left at the Seef Mall

traffic signal. The Seef Mall will be on your right. Drive a short distance further past the Toys R Us and the A'Ali Mall will be on your right.

DANA MALL

Phone: 1755-8500

Location: Sanabis

Hours: 1000-2100 7 days a week.

General Info: Has a mini-amusement park inside the mall including a water ride, roller coaster ride. Also has a food court that includes a Chili's restaurant. There is a LULU Hypercenter located on the 2nd floor of the Dana Mall. The LULU Hypercenter is similar to the GEANT; which is located at the Bahrain Mall.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit, go left at the traffic light, get into the extreme right lane of the Pearl Roundabout. Enter the Pearl Roundabout and take the first exit. Look for the Pearls Tri Towers on right keep going until you reach the Dana Mall. Turn right into the Dana Mall garage.

MARINA MALL

Phone: 1727-7800

Location: Zinj/Pearl Roundabout

Hours: 1000-2200

General Info: A large shoe store is located in this mall as well as reasonably priced clothes. There is also a Home Center on the 2nd floor and at Christmas, they carry a limited supply of Christmas decorations.

Hours: 1000 – 2200, seven days.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light and get into the extreme right lane of the Pearl Roundabout. Enter the Pearl Roundabout from the extreme right and take the third exit onto Suwafiyah Ave. At the first traffic light U-TURN and then make your 1st right in order to get into the parking lot.

YATEEM CENTRE

Phone: 1721-5615

Location: Near Manama Souq.

Hours: 0900 - 1300 and 1600 - 2100. Seven days a week.

General Info: This mall includes sport stores, shoe stores, souvenir shops, ethnic and

western clothing, a shoe repair shop, ice cream and sweet shop, card shops. Bathrooms here are usually clean and stocked.

Directions: From Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 0.8 miles and turn left at the second light. Veer to the right just before the traffic light and go straight; you will see a parking lot on your right. Look for the BATELCO COMMERCIAL CENTRE (across the street facing away from the water). Yateem Centre will be to the left-backside of the Batelco Commercial center.

GOSI COMPLEX

Phone: 1729-1551

Location: Exhibition Ave.

General Info: Batelco Office located in this building as well as a twin movie cinema and some shopping. Most of the shops in Gosi Complex close for mid-afternoon.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Go through the 3rd roundabout and turn right just after the pedestrian crossing. Parking is in back.

ET CETERA/ODDS AND ENDS

RAMEZ TRADING CENTER

Phone: 1724-3331

Location: Pearl Roundabout, near Central Fish Market.

Hours: 0800-2400, seven days a week.

General Info: Like a dollar store but a “Dinar Store”. Most items are 1 BD or less. Nicer items up to 4 BD. Huge wall of perfumes, great buys on art materials. There are scarves and local clothing on the second floor. They do not take credit cards; be prepared to pay dinar.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic light and get into the extreme right lane of the Pearl Roundabout. Enter the Pearl Roundabout from the extreme right and take the third exit onto Suwaifiyah Ave. At the first traffic light U-TURN and then make your 1st right. The Marina Mall will be on your right and Ramez Trading Center will be on your left after the Fish Market.

FIVE CIRCLES (200 fils store)

Phone: 1729-2242

Location: Off Exhibition. One street behind Gosi Complex.

Hours: Saturday – Thursday, 0900 – 1330 and 1600 – 2400
Friday, 1500 - 2400

General Info: Everything in the store is .200 fils. Great place to get gift bags and trinkets.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Just after going through the 3rd roundabout, turn right just after the pedestrian crossing. Make your 2nd left (Note: first left is a one way). Five Circles is a short distance on your right side.

BLOOM-N-FANTASY

Phone: 1758-0393

Location: Seef Mall Upstairs from Starbucks

General Info: Balloons, greeting cards, wrapping paper. GREAT Halloween costume accessories and face paint.

Directions: See “Malls” listed under “Shopping” for directions to Seef Mall. Bloom-N-Fantasy is on the 2nd floor.

AFROCRAFTS

Phone: 1759-3412

Location: Budaiya Hwy.

Hours: 0900-1230 1600-2100

General Info: Great find for tablecloths, placemats, and other unique items. Inexpensive. Also carries holiday patterns (i.e. Easter, 4th of July).

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go through two roundabouts. Go approximately 1.3 miles and just before the 2nd roundabout you will see AfroCrafts on the right. To get to the store - make a right at the 2nd roundabout (enter 6, exit 3) and then take an immediate right and go into the little strip mall.

RASHID TROPHY STORE

Phone: 1787-7606

Location: Tubli close to Mazda & Mercedes dealers. Bldg # 646

General Info: Trophies, plaques, awards. Gold Dilmun beer drinker seals, copied from the original seals, same size as the original.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 1st roundabout and turn left (enter 6, exit 9) take another left and go straight. The store is located in the Gulf Aluminum Building.

BSPCA THRIFT SHOP

Phone: 1759-3479 Email: bspca@batelco.com.bh

Location: Budaiya Hwy.

Hours: Sunday 1830 - 2000; Tuesday, Thursday
Friday 0900 –1200 Customers are requested to park their cars outside the compound (exception is on Sunday morning for bringing in donated goods)

General Info: The main source of income for the BSPCA (Bahrain Society for the Prevention of Cruelty to Animals). Sells clothing and household goods. Volunteers are always needed as well as donations!!! Sunday 0900 – 1200 (receiving donated goods only).

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go through two roundabouts. Drive to 2nd roundabout and U-turn (enter 6, exit 6). Go 0.3 mile and turn right onto Ave 73 and then take another immediate right onto the street in front of the shops. Go 0.1 miles turning left before the Dar Alwasat for Publishing & Distribution. Go approximately 50 yards and you will see Haj Kadem Hussain Bushehri Gardens Compound on the right. The Thrift Shop is #6 Busheri Gardens (3rd villa on right). Park outside and walk into the compound.

CLOTHING AND SHOES

CLOTHING APPAREL

MOTHERCARE

Phone: 1727-2780.

General Info: Two locations. Baby items - clothes, bottles, high chairs, strollers, and toys. The furniture items are expensive.

Hours: 1000 - 2200. Seven days a week.

Location #1: Marina Mall, 1st floor.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic signal and get into the extreme right lane of the Pearl Roundabout. Enter the Pearl Roundabout from the extreme right and take the third exit onto Suwaifiyah Ave. At the first traffic light U-TURN and then make your 1st right; enter the Marina Mall parking lot.

Location #2: Oman Ave.

General Info: Phone: 1772-2901

Hours: 0930 - 1230 and 1600 - 2100.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. Turn left onto Osama Bin Zaid (aka Schwarma Alley). Go through one traffic light. At second traffic light turn right onto Adliya Ave. At the next light, turn right onto Kuwait Ave and immediately get in the left lane to turn left at the next light onto Oman Ave. Mothercare will be on your left approximately 2 blocks down. You will have to U-TURN at the next light to get back to Mothercare.

WOOLWORTH/TRUWORTH

Phone: 1774-0111

Location: Mahooz/Tubli. Woolworth's is on the 2nd floor of Al Jazira's grocery store. Truworth's is on the 1st floor of the grocery store.

Hours: 1000-2200

General Info: Has a good selection of men's, women's and children's clothing and shoes. Also carries some linens, towels and home décor.

Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile. Veer right just before the second light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right at Al Jazira's grocery store will be

on your left. Woolworth and Truworth are located inside the grocery store.

FABRIC SHOPS

AL DASMAN CENTER

Phone: 1731-1163
Location: Corner of Gudaibiya and Palace Ave.
Hours: 0900-2200
General Info: There are several good fabric shops in the same block.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 0.5 miles and turn left at the first light onto Sh. Daij Ave. Go straight 0.6 miles to the roundabout and turn right at the roundabout (enter 6, exit 3) onto Palace Ave. Go approximately 0.2 miles making the first available right after the first light. There is a small parking lot immediately on your right, you can park here or park along the street. Walk up the street about one block and you will see the fabric shops.

FABRIC SOUQ (collections of shops)

Location: Manama Souq
General Info: Large variety of fabric at good prices. It is recommended to go with someone the first time.

Directions: See "Souqs" listed under "Shopping" for directions to the Manama Souq. Enter the souq at the Arch (Bab Al Bahrain). If you count streets on your left, you will go to the 3rd street and make a right (if you go left here, you will see the Gold Souq on the left). If you count streets on your right, you will go to the 4th street and make a right. Walk down this little road and explore all the fabric shops here.

TAILORS

AL-RODHA

Phone: 1729-0654
Location: Gudaibiya
Hours: 0800-1330 and 1430-2300
General Info: Contact Person: Raju. AL-RODHA is located about 3 blocks down from the fabric shops in Gudaibiya. It's convenient to purchase fabric and walk straight to him and drop off the fabric (that is if you don't need to wash the fabric first. Wash the fabric in the same manner in which you intend to wash the garment. He makes children's clothes also.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first light go left. Go straight 0.6 miles to the roundabout and turn right at the roundabout (enter 6, exit 3) onto Palace Ave. Go approximately 0.2

miles making the first available right after the first light. A small parking lot is immediately on your right. You can park here or park along the street. Walk up the street approximately 2 blocks. Al-Rodha will be on your left next to Al Manar Stationary Store.

LADIES BEST TAILORING

Phone: 1759-1556 Mrs. Pan (owner)
Location: Budaiya.
Hours: 0900 - 2000. (closed for lunch 1200 - 1300).
General Info: Very good at designing, copying, repairing, any type of sewing needs.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 0.3 miles and turn right onto Ave 73 and then take another immediate right onto the street in front of the shops. Ladies Best Tailoring is the second store on the left.

FARAH TAILORING

Phone: Shop: 1782-6032
Location: Um Al Hassam Road 3905
General Info: Very nice finishing and detailing.

Direction: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn right at the first light onto Juffair Ave. Pass the gas station on your left and at the light make a left onto Mina Salman Ave. Take an immediate first right and then an immediate first left. Turn right at the second street. There will be a large lot on your left and Farah Tailoring is on the other side of the lot.

HILTON TAILORS

Phone: 1724-5689
Location: Manama Souq (Bab Al Bahrain).
Hours: Sat-Thurs 0830-1300 1530-2030
Fri 1630-1930

General Info: Very professional and great attention to detail.
Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. Go a short distance and go through the roundabout (enter 6, exit 12) onto Sh. Isa Ave. Go 0.6 miles and turn left at the 4th light (including pedestrian light) onto Isa Al Kabeer Ave.

Take your 1st right at the Kabana Restaurant onto Zahra Ave. At the 2nd crossroad, Sh Abdullah Rd, you will see Hilton Tailors on your left at the intersection. Turn right or left to find parking.

SHOES

OLYMPIA SPORTS III

Phone: 1771-4334
Location: Adliya (Schwarma Alley)
Hours: Sat-Thurs 0930-1230 and 1600-2100
Friday 1600-2100
General Info: Sells Nike, Addidas, and other name brand shoes.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Olympia Sports III will be immediately on the right.

SHOE MART

Phone: 1727-2802
Location: Marina Mall
Hours: Sat-Fri 1000-2200
General Info: Large selection of shoes and socks for all ages at reasonable prices.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight, get in the right lane and take the Central Market exit. Go left at the traffic signal and get into the extreme right lane of the Pearl Roundabout. Enter the Pearl Roundabout from the extreme right and take the third exit onto Suwaifiyah Ave. At the first traffic light U-TURN and then make your 1st right; enter the Marina Mall parking lot. Shoe Mart is on the 1st floor.

RESTAURANTS

LOCAL VARIETY

The Green Veranda

Phone: 1740-3405
Location: Adhari Road
Hours: 0900-2400, seven days a week.
General Info: Away from the city hustle and bustle, The Green Veranda Café serves buffet breakfast, a la carte lunch and dinner. The outdoor seating of the restaurants gives a garden feeling with lots of greenery and shade. Breakfast is served in the garden and is the perfect spot to have a hot cup of coffee with homemade Tiramisu. The Northern Indian specialty, "the Tandoor", is prepared here. This is the only restaurant in Bahrain where cooking is done in the garden in front of you. Fresh fruit juices, cocktails, pastries, salad bars whatever your preference you can find it here. There is also an area which sells gifts for all seasons, chocolates, fruits, flowers and lots of fountains.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway (Shaikh Isa Highway). After the U. S. Embassy Tubli sign, drive straight and at the very first right take a turn and drive back in the parallel road. (the restaurant is widely visible from Shaikh Isa Highway).

The Great Kabab Factory

Phone: 1769-0629
Location: Jawad Dome, Budaiya
Hours: 12:00 – 1500 and 1830 - 2400, seven days a week.
General Info: Get ready to experience the exotic flavors and aromas from Indian SubContinent. They offer richness in food & hospitality in a very cozy and casual atmosphere. Drop by the The Great Kabab Factory and discover India's finest delicacies with a great selection of vegetarian and non-vegetarian kababs.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go through two roundabouts. Continue straight through two roundabouts. Jawads is on the right a short distance after the 2nd roundabout. Look for the

Jawad Dome sign on your right. The Great Kabab Factory sits off the road about 0.2 miles. If you reach the 3rd roundabout, you've gone too far. As you enter the Jawad Dome, The Great Kabab Factory is the first restaurant you see.

FRIENDS

Phone: 1771-3732
Location: Adliya
Hours: Saturday - Wednesday 1000 - 2400
Thursday & Friday 1000 - 0100
General Info: Great place for a light lunch. Soups, salads, sandwiches.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Go 0.6 miles. Just past the 3rd light you will see Friends on the left side of the road. Parking is a little tricky. You may want to continue straight just beyond Friends and turn left at the next block, circling around until you can find a suitable parking place.

A PIECE OF CAKE

Phone: 1759-6055
Location: Budaiya
Hours: Sat-Thurs 0900-1800 closed on Fridays
General Info: A pleasant little restaurant, perfect for a morning or early afternoon meal. Baked goods (including yummy desserts) seem to be specialties. A Piece of Cake is connected to (and entered from) the next-door craft supply shop, Celebrations.

Directions: From the Mosque: Turn left on the Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles and exit on ramp marked "Madinat Hamad" and "Manama City Centre". Proceed toward Manama City Centre. This is still the Sheikh Khalifa bin Salman Hwy. Go 1.7 miles and exit at the "Budaiya" and "Manama West" ramp. Stay to the left to turn left at the roundabout. This is the Burgerland Roundabout. Enter at 6, exit at 9. You are now on the Budaiya Hwy. Follow Budaiya Hwy through two more roundabouts. At the third roundabout (there is a McDonald's and Alosra supermarket on your left) do a U-turn (enter 6, exit 6). Pass the first strip mall on your right. The next strip mall has Celebrations and A Piece of Cake. Across the highway is a large green sign for Lanna Thai.

HASH HOUSE

Phone: 1771-5094
Location: Adliya
Hours: 1100 - 2400 Seven days a week.

General Info: Good Thai food, fresh! Must have reservations to get the oriental seating upstairs.

Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take 2nd left hand turn (before the 1st stoplight, if you get to the light at Shwarma Alley, you've gone too far). Directly in front of you is Zoe's (white building). Just past Zoe's on your right is Hash House.

****KRUMZ**

Phone: 1771-2767

Location: Adliya

General Info: Friendly atmosphere. Host, Bradley, guaranteed to make all visitors feel like friends. European food.

Hours: 1100-1430 and 1700 – 2230, seven days a week.

Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take a left at the first light onto Osama Bin Zaid Ave (aka Shwarma Alley). Go one long block and take your first left. Krumz will be on your right.

****JIM'S RESTAURANT**

Phone: 1771-0654

Location: Adliya

Hours: 1130 -1430 and 1830 - 2330, seven days a week.

General Info: Great European food. Jim is a delightful Irishman. Jim's Friday brunches are now an institution.

Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take a left at the first light onto Osama Bin Zaid Ave (aka Shwarma Alley). Go one long block and take your first left. Jim's will be on your right.

CONSERVATORY

Phone: 1771-2917

Location: Adliya

Hours: 0830 - 1800. English teas, morning coffees, light breakfast or lunch.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid (aka Shwarma Alley). Go through next light crossing over Sh. Isa Avenue. Go past KFC. Just past Peacock Carpets turn right (at the Sheema Framing Sign). Pass Zeeba Market on your left. Turn right just past the empty lot on Road 2720. Go down one short block and it will be on your right with white/black wall around it.

HOLE IN ONE DONUTS

Phone: 1772-5804

Location: Adliya

General Info: The closest you'll get to Krispy Kreme donuts.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Turn right at the first light (0.5 miles) onto Juffair Ave. At the first light, Sh. Isa Ave, turn right. Turn right into first driveway. Hole in One is on the left.

LANTERNS RESTAURANT

Phone: 1759-0591

Location: Budaiya/Burgerland Roundabout

Hours: 12:00 - 1500 and 1900 – 2400, seven days a week.

General Info: Great Indian and Anglo-Indian food. Nice atmosphere and excellent service. Also serves an “all you can eat” buffet - call regarding special nights for buffet dinners.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Take your immediate first right and Lanterns will be in front of you.

THE COPPER CHIMNEY RESTAURANT

Phone: 1772-8699

Location: Um Al Hassam Ave

Hours: 1130 - 1500 and 1900 - 2400, seven days a week.

General Info: Great Indian Cuisine. Nice atmosphere.

Directions: From Grand Mosque: Turn left onto Al Fatih Hwy. Go 0.5 miles and turn right onto Juffair Ave. Go through first light and make a U-turn at the first roundabout (Al Meena Supermarket Roundabout) and head back in the direction you came. Take the first right hand turn onto Um Al Hassam Ave. Take your first left after the 2nd roundabout. Copper Chimney is on the corner of this turn.

AL ARISHA/CAFÉ DEL PALME

Phone: 1772-5414

Location: Off Sh Isa Ave. Behind Roma's Italian Restaurant, Um Al Hassam Ave.

Hours: 1200-1500 and 1900-2400 Seven days a week.
General Info: Great traditional Arabic food, even Umma Ali for dessert. Popular with the locals!

Directions: From Grand Mosque: Turn left onto Al Fatih Hwy. Go 0.5 miles and turn right onto Juffair Ave. Go to the first light and turn left onto Mina Salman Ave. You will come to a small roundabout (watch for a small sign at the roundabout that says Al Arisha). Take an immediate right at the roundabout and then another immediate right. Al Arisha will be a short distance on the left.

TRADER VIC'S

Phone: 1758-9418
Location: Behind Ritz Carlton Hotel (Al Seef District)
Hours: 1200-1500 and 1900-2300 Seven days a week.
General Info: Overlooks the sea, gardens, and a flamingo pond. Specialties cooked in a wood-fired Chinese oven. Live entertainment on the weekend. Great international food!

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Follow this road through the roundabout for 0.8 miles. Ritz Carlton will be on the right. Enter the Ritz Carlton and you will come to a small roundabout. Take a left passing the hotel on your right. Follow this brick road to the end and Trader Vic's will be the last building on the right.

**GULF HOTEL

Phone: 1771-3000
Location: Adliya
General Info: Gulf Prestige cards 60 BD and 75 BD (different packages). These cards are discount cards for the Gulf Hotel and entitle you to 50% off meals for 2; 25% for 4, etc; 10% off beverages. You can pick from any of their restaurants and Riffa Golf Club Restaurant (best fish and chips on the island) plus free golf, cart, etc. Give the name of the military family who sent you and that family will receive a BD certificate for referring. They also give room discounts. They have a pool complex with sprinkler pool for kids, pool with club for adults, etc. Also, discounts from flower shop, etc. Great atmosphere (romantic) for date night!!

Directions: From Grand Mosque: Cross over Al Fatih Hwy and you will be on Bani Otbah Ave. Take your first left turn. You will see the Gulf Hotel on your left.

DAR ALBAREH (Café and Gallery)

Phone: 1771-3535

Location: Adliya

Hours: Saturday – Thursday, 0830 – 2300
Friday, 1200 - 2300

General Info: Very nice, quiet, and pleasant restaurant. Especially nice for a late breakfast. The best scones on the island!! Delicious and interesting menu selections. The Heath Bar Cheese Cake is sinful! Highly recommended.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Turn left at the first light onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to the 1st light and turn left onto Sh. Isa Ave. Take an immediate right. Turn left at the little roundabout. Dar Albareh will be on the right just past the Future Preschool.

FOLI CHINESE RESTAURANT

Phone: 1772-2199

Location: Um Al Hassam Ave.

Hours: 1200-1500 and 1830-2330 Seven days a week.

Directions: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn right at the first light onto Juffair Ave. Pass the gas station on your left and at the light make a left onto Mina Salman Ave. Take an immediate first right. Take an immediate first left onto Um Al Hassam

LILU CAFE

Phone: 1771-4440

Location: Adliya

Hours: Saturday-Thursday 0800 - 2230.
Friday 1000 - 2300

General Info: A wonderful café serving European food including quiche, croissants, French onion soup, salads, brownie sundaes, and apple pie.

Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take 2nd left hand turn (before the 1st stoplight, if you go to the light, you've gone too far). Go straight on this road passing a children's school on the right. Pass Zoe's, Hash House, and Coco's. Just past Coco's is Lilu.

OLIVETO ITALIAN RESTAURANT

Phone: 1771-6747

Location: Adliya

Hours: 1200 – 1500 and 1900 – 2400, seven days a week.

General Info: Great Italian food.

Directions: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and

turn right at the first light onto Juffair Ave. Pass the gas station on your left and at the light make a right onto Sh. Isa Ave. Go 0.2 miles and turn right. First left and then a short distance on the right.

SENOR PACOS

Location# 1

Phone: 1772-5873

Location: Adliya

Hours: 1200 – 1500 and 1830 - 2400, seven days a week.

General Info: Great Mexican food and nice atmosphere.

Directions: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn right at the first light onto Juffair Ave. Pass the gas station on your left. Go through the light and at the first roundabout (Al Meena Market roundabout), make a right. Go 0.1 miles and turn right at the first right. Take your first left and the restaurant is a short distance on the left.

Location# 2

Phone: 1781-1375

Location: Juffair

Hours: Saturday-Wednesday 0800-2400

Thursday-Friday 0800-0100

KEI JAPANESE RESTURANT

Phone: 1753-5000

Location: Hilton Hotel, 1st floor (off King Faisal Hwy)

Hours: 1230 – 1500 and 1930 – 1100, seven days a week.

General Info: For Sushi Lovers! Very small, but pleasant restaurant. Sushi bar and Tappan style cooking as well as an a la Carte menu.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go to the 2nd light and turn left. The Hilton will be on the left. Go in the main entrance of the hotel. The Kei is to the left.

RANNOOSH RESTAURANT

Phone: 1725-1777

Location: Located in the Middle East Hotel in Manama.

Hours: 1200-1500 and 1800-2300 Seven days a week.

General Info: A really good steak dinner for a reasonable price.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. You will see Discount Home Store on your left as you approach the first roundabout. Go through the roundabout (enter 6, exit 12) and continue on Sh Isa Ave. Go to the 3rd traffic light and you will see the Middle East Hotel on the right. It is tricky to find parking next to the restaurant, because you can't turn onto the street

when you see the hotel. Go past the hotel and take the first right and wind your way back behind the hotel.

HOME AWAY FROM HOME

RICS KOUNTRY KITCHEN

Phone: 1772-5550

Location: Juffair

Hours: 0530 – 2400, seven days a week.

General Info: Great all you can eat BBQ buffet on Thursday nights for 6.5 BD. An ambience to make any American feel they're back home. Opens for breakfast at 0530, but great for breakfast anytime.

Direction: Take Awal Ave (the road next to the Grand Mosque) away from the Al Fatih Hwy. Turn right at the first opportunity as though you were going to the base. At the "T" intersection, turn right. Drive 0.2 mile. You will see Ric's Kountry Kitchen on the left.

APPLEBEES

Phone: 1755-5834

Location: Bahrain Mall

Hours: Sat – Wed 1100 – 2400

Thur – Fri 1100 – 0100

CHILIS

Phone: 1758-1221

Location #1: Near Seef Mall

Hours: 1200 - 2400, seven days a week.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Take the first left at the traffic signal. Go about .3 miles and make a left at the Seef Mall traffic. After you exit at the Seef Mall Roundabout, take a right, (enter 6, exit 3). Take another first right. Chili's will be on your right in front of Toys R Us.

Location #2: Dana Mall (2nd floor)

Phone: 1755-1154

Hours: 1200 – 2400, seven days a week.

Directions: See "Malls" listed under "Shopping" for directions to Dana Mall.

Location #3 Juffair

Phone: 1772-3918

Hours: 0600-2430 Seven days a week.

****FUDDRUCKERS**

Phone: 1774-2266
Location: Adliya
Hours: 0830-2400
General Info: Open for breakfast.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (aka Schwarma Alley). Go through one traffic light. Continue on this road and Fuddruckers will be on the right before the 2nd light.

HARD ROCK CAFÉ

Phone: 1729-1569
Location: Exhibition Rd
Hours: 1100 – 2430, seven days a week.
Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the 2nd roundabout and the Hard Rock Café will be on the left.

DOMINOS

Location #1:	Juffair	Phone: 1782-6222
Location #2:	Muharraq	Phone: 1767-7777
Location #3:	Isa Town	Phone: 1768-3333
Location #4:	Budaiya	Phone: 1759-4422
Hours :	1000 – 2400, seven days a week	

PIZZA HUT

Location #1:	Juffair	Phone: 1772-7373
Location #2:	Seef Mall	Phone: 1758-2000
Location #3:	Exhibition/Hoor Rd	Phone: 1729-0977
Location #4:	Muharraq	Phone: 1732-3361
Location #5:	Hamad Town	Phone: 1741-0034
Location #6:	City Centre/Manama	Phone: 1722-3223
Location #7:	Zinj	Phone: 1723-2232
Location #9:	Sehla/Budaiya	Phone: 1759-2613
Hours:	1100 – 0100, seven days a week	
Note:	Outlets in Malls have different hours	

McDONALDS

Location #1:	Bab Al-Bahrain	Phone: 1722-5225
Location #2:	Seef Mall 1	Phone: 1758-0480
Location #3:	Seef Mall 2	Phone: 1758-2010
Location #4:	Muharraq	Phone: 1732-6886
Location #5:	Exhibition Rd	Phone: 1729-3666
Location #6:	Riffa	Phone: 1770-0444
Location #7:	Saar/Budaiya	Phone: 1769-0022

Location #8: Dana Mall Phone: 1755-6464
 Location #9: Tubli Phone: 1787-4747
 Hours: 0900 – 2400, SAT – TUE
 0900 – 0100, WED - THU
 Note: Outlets in Malls have different hours

BURGER KING

Location #1: Sanad/Riffa Phone: 1762-6140
 Location #2: Bahrain Mall Phone: 1755-3750
 Location #3: Exhibition Rd Phone: 1731-1511
 Hours: 1000 – 0300, SAT – TUE
 24 hrs, WED - THU
 Note: Outlets in Malls have different hours

DAIRY QUEEN

Location #1: Salmaniya Phone: 1727-3494
 Location #2: Seef Mall Phone: 1758-1194
 Location #3: Manama Phone: 1721-3311
 Location #4: Sitra Phone: 1770-0016
 Location #5: Budaiya (Fud Garden) Phone: 1769-5276
 Location #6: Juffair Phone: 1781-3521
 Location #7: Dana Mall Phone: 1755-6821
 Hours : 24 hours, seven days a week
 Note: Outlets in Malls have different hours

KFC

Location #1: Adliya Phone: 1771-2620
 Location #2: Essa Town Phone: 1768-4499
 Location #3: Arad Phone: 1767-1117
 Location #4: Muharraq Phone: 1732-2333
 Location #5: Hamad Town Phone: 1741-1881
 Location #6: Al Alawi Complex Phone: 1770-3130
 Location #7: Bab Al Bahrain Phone: 1721-1033
 Location #8: Exhibition Rd Phone: 1729-0222
 Location #9: Budaiya Phone: 1759-0022
 Location #10: Seef Mall Phone: 1758-2088

BRUNCH

DIPLOMAT HOTEL JAZZ BRUNCH

Phone: 1753-1666
 Location: Diplomatic Area (Al Fatih and Sh. Hamad Causeway Rd)
 General Info: Friday Brunch from 1200 – 1500, on the 14th floor. Great food and music. Live jazz band performs throughout brunch. All you can eat buffet with an extensive variety of food that will appeal to both adults

and children. Children play area complete with Playskool Castle and large screen TV just off main dining area. Brunch includes Champagne/wine. Price: before military discount 17 BD after discount military 13.5 BD.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 1.6 miles and turn left at the 2nd light onto Sh. Hamad Causeway Rd. The Diplomat Hotel will be on your right, but turn at the next right turn to reach the entrance to the parking lot.

MÖVENPICK'S Sparkling Friday Brunch
Phone: 1746-0000
Location: Muharraq (right next to Bahrain International Airport)
General Info: Friday Brunch from 1230 to 1600, an informal setup that allows guests to move and choose freely from a wide range of sumptuous international foods. There is free flowing sparkling wine that compliments your meal along with many different desserts. It is by far one of the most popular and unique brunches in town where guests truly enjoy a choice of seating. Enjoy yourself whether sitting in an area where you can sing along while the band plays a variety of music ranging from pop to jazz, or dining where a guitarist floats from table to table playing love ballads. There is also entertainment for the children. Price: 19.9 BD, with your military discount you pay only 15 BD.

Directions: From Grand Mosque: Turn right on Al Fatih Highway. Go 1.2 miles and turn right onto Sh. Hamad Causeway. Take the Airport/Arad/Hidd exit (1.3 miles). Follow sign to "Bahrain International Airport." At the airport roundabout, take a right turn to reach the Mövenpick Hotel Bahrain. The hotel is visible on your left.

ENTERTAINMENT

FAMILY/KID FUN

FUNLAND (Ice Skating and Bowling)

Phone: 1729-2313

Location: Manama/Juffair

General Info: Ice Skating 2.5 BD for 2 hours, includes skates. Ten or more skaters - 2 BD(if you make reservations).

Bowling: 1 BD per game (Saturday - Wednesday 0900 – 1700). 1 BD per game 1700 to close and all day Thursday/Friday.

Youth amusement center features full size ice skating rink, 18 bowling lanes and video games.

Directions: From Grand Mosque: Turn right onto Al Fatih Hwy. Go through the first light and take the next right hand turn in (by fish shaped sculpture). Go left at the roundabout (enter 6, exit 9). Funland will be on your right. If you miss the turn into the access road, take the exit for the Bahrain Nat'l Museum and back track on the access road.

AL BANDAR RESORT

Location: Sitra

Fee: Show military ID 1 BD per person over the age of 5

General Info: A place for the kids to have a beach to play. Adult pool and children's pool (gradual entry plus slide). Enclosed lagoon with sandy beach. Poolside bar and food (bringing your own food is discouraged)

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first light onto Sh. Jaber Al Ahmed Al Subah Hwy (Sitra Causeway). Follow until you see the light at the Ford Dealer, turn left. At the roundabout go right. Follow this straight until you see Al Bandar on the left. Pull up to the gate and show ID.

AL DAR ISLAND

Phone: Call NSA Base MWR ITT office: 1778-54206

Location: Sitra

General Info: Private parties, beach parties, overnight stays, fishing trips, water sports and speed boat rentals can all be arranged for your visit to the Islands. Sea Taxi can be arranged to and from the Islands. Book in advance to avoid disappointment. Contact NSA Base MWR ITT office 17 852-4206 for more information.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the 1st light onto Sh. Jaber Al Ahmed Al Subah Hwy. Go 4.2 miles and turn left at the 4th light (just past Al Bander Furniture). Take an immediate right at the 1st roundabout. Go 1.3 miles through one traffic light. Just after the traffic light, turn left at “Dar Island”. Follow the road to the end. Sea Taxi office will be on the right at a blue/white building before the little Coast Guard Office.

ARCADIA

Phone: 1731-0642
Location: Gosi Commercial Complex, Exhibition Ave.
Hours: Saturday - Thursday 0930 - 1230 and 1530 - 2230.
Friday: 1530 - 2230 only.
General Info: Small version of Chuck E. Cheese.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Just after the 3rd roundabout, turn right after the pedestrian crossing. Parking in back.

DOLPHIN PARK

Phone: 1729-0900
Location: Off Al Fatih Hwy.
General Info: Dolphin shows several times a day. Admission is 4 BD for adults and 2 BD for children. Between the shows you can pay 10 BD and swim with the dolphins for an hour. Please use your own judgment. Children/Adults must be able to swim. There are no lifeguards and the pool is very deep.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go approximately 1.0 miles and take the first exit (right) after the 1st light. Take an immediate right at the roundabout (enter 6, exit 3) onto the access road. Go approximately 0.5 miles and Dolphin Park will be on the left.

FOTON WORLD/CHAKAZOOLU

Phone: 1755-8585
Location: Dana mall
Hours: Saturday-Wednesday 1100-2200
Thursday-Friday 1100-2400
General Info: Indoor “theme” parks which include small boat rides, roller coaster rides, bumper cars, games and food. Great for birthday parties. Foton World is located in the Bahrain Mall. Chakazoolu is located in the Dana Mall. Look under “Malls” in the “Shopping” section of Camel

Crossings for directions to the Bahrain and Dana Malls.

CULTURAL INTEREST

NOTE: Tours for many of these sites are available through NSA BAHRAIN MWR's Information, Call ITT Office at 1785-4206.

BAHRAIN NATIONAL MUSEUM

Phone: 1729-8777

Location: Manama - Al Fateh Hwy

Hours: 0800-2000 Seven days a week

General Info: 500 fils per adult.

Exhibits on history and culture as well as archaeological artifacts. Walk through an old souq, glimpse traditional daily life, study the burial mounds. A wonderful place to start learning about Bahrain.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. You will see Funland and the Marina Club on the right. Watch the signs for the exit to the Museum on the right.

BURIAL MOUNDS

Location: Hamad Town

General Info: Periods: Dilmun, Tylos and Hellenistic around 2000-4000 years old. Both sites (Hamad Town and Saar) are public, but do not have guided tours. Visit anytime of the day. **An advance visit to the Bahrain National Museum will give you a better understanding of the sites** (see "museum information" above) phone: 17 298-777).

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 2.8 miles to 3rd roundabout and go right onto Sh. Zayed Ave. Go 0.9 miles and make a left at the 1st roundabout towards A'Ali (enter 6, exit 9). Go through the next roundabout and you will be on Ave 38. Go 0.8 miles and the Burial Mounds will be on your right

BARBAR TEMPLE

Location: Barbar, off Budaiya Hwy.

General Info: A series of temples from 4000 BC. You will get MORE from your visit if you do a little reading about the site before you go. There is a sign there that gives some information about the temple. The watchman may give you a little tour, probably in Arabic and even if you don't understand much a small tip (baksheesh) is expected. Open daily, tours available through MWR Office, but you can go on your own and just

walk about.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue on Budaiya Hwy. After the 2nd roundabout, go 0.8 miles and turn right on Barbar Ave (there will also be a brown sign directing you to the Barbar Temple). Go 0.5 miles and turn right at another brown sign directing you to the Barbar Temple. Go approximately two hundred yards and you will see some stone columns and ruins. Look for the guard shack and a sign with some information about Barbar Temple.

TREE OF LIFE

Location: In the desert south of Awali

General Info: A lone tree thriving in the desert, its source of water is unknown. Camels are frequently seen here and you may even get to ride one! Take plenty of drinking water and a mobile phone for emergencies. Not recommended at dusk!

Directions: From Grand Mosque: Turn left on Al Fatih Highway for 0.9 and veer right before the 2nd light onto Sh. Isa Bin Salman Hwy (aka Causeway Rd). Go 0.7 miles and turn left at the first light onto Sitra Causeway. Follow through 2 very LARGE roundabouts. Watch for signs to the Riffa Golf Course. At a roundabout, the sign will say "Riffa Golf Course". Go left. Stay on the main road; pass the Riffa Golf Course on your left. Just past the golf course there is a small roundabout, go right. Follow the "Tree of Life" signs all the way.

THE GRAND MOSQUE

Phone: 1772-7773

Location: Juffair/Adliya (intersection of Al Fateh Hwy and Al Awal Ave).

Hours: Saturday through Wednesday 0900 - 1600.

General Info: One of Bahrain's most beautiful landmarks and an excellent example of Middle East religious architecture. For those interested in architectural design and/or religious writings, you will appreciate a visit to this Mosque. There are plenty of free handouts regarding the Islamic culture. You may visit the Mosque and even photograph the inside, but there are restrictions: NO shorts or sleeveless tops. Women MUST wear an abaya, which can be borrowed, from the Mosque library. Take off your shoes. NO admittance during prayer times. You can check the local paper for prayer times.

Directions: From the NSA Bahrain Main Gate (where all the taxis are parked), take the first left. You will pass the Fakhruddin's Restaurant and Mega Mart on your left. Take the first right after Mega Mart. You will come to a "T" and should go left. Take the second right. You will come to another "T" go left. The Mosque will be on the right.

BAIT AL QURAN

Phone: 17291-0404

Location: Off the corner of Exhibitions Ave and Sh. Hamad Causeway.

Hours: Saturday-Wednesday 0900-1200 and 1600-1800
Thursday 0900-1200,
Closed on Fridays

General Info: Extensive collections of rare and fine copies of the Holy Quran. Visitors are welcome. Dress appropriately. No shorts or sleeveless tops. You must remove your shoes before entering the mosque.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 1.6 miles and turn left at the 2nd light onto Sh. Hamad Causeway. Go to 1st light and make a U-turn and take your first right. This road will curve around and pass by the Bahrain Red Crescent Society on the right. Bait Al Quran is the next building on your right. It is marked "Islamic Art" on the glass doors.

ARAD FORT

Phone: 1767-2278

Location: Arad

Hours: Saturday thru Tuesday 0800 - 1400
Wed & Thursday 0900 – 1800
Friday, 1500 – 1800

General Info: Restored 16th Century Portuguese Fort. Off the island of Muharraq. Cost: 200 fills per adult. Something different for the kids to explore. Not stroller friendly. Don't go on a windy day.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 1.2 miles and turn right onto Sh. Hamad Causeway. Take the Airport/Arad-Hidd Exit (1.3miles). Go approximately 2 miles down and turn right at Jasmi's restaurant onto Avenue 40. Follow straight past Muharraq Sports Club. At the end of the road turn right onto Avenue 29. Fort will be down a block on your left. There are brown ARAD FORT signs posted through the turn at Jasmi's.

BAHRAIN FORT

Location: Karbabad. Northern edge of the island.

General Info: 16th century Portuguese Fort as well as excavation site of several different settlement periods including the Dilmun era. Open daily.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles

and turn left onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Kurrannh exit. There will be a gas station on the left as you come off the exit. Go 0.1 miles and turn right at the BAHRAIN FORT sign. Go 0.1 miles and the road will "T". Go left. Continue 0.4 miles and at the stop sign go left. Then, almost immediately, go straight up the dirt hill and you will see the fort.

SHEIK ISA's HOUSE

Phone: 1733-4945

Location: Muharraq

Hours: Sat – Thur 0800 – 1800
Sun - Wed 0800 – 1200
Friday 1200-1800

General Info: The home of H.H. the Amir's great grandfather, Sheik Isa bin Ali Al Khalifa. Wonderful place to see the traditional architecture and get a feel of life in Bahrain in the 19th century. See functioning wind towers and marvel at the original air conditioning. Free!

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right onto Sh. Isa Bin Salman Causeway. Go over the sail bridge. At the 2nd light turn right onto Sh. Salman Ave. Go through the roundabout (enter 6, exit 12). Turn left at the bridge (you'll see a sign for Muharraq Souq - follow that). At the roundabout go straight through (enter 6, exit 1). This will put you on a narrow one-way street through the souq. Go straight until there is a "T" in the road. Turn left at the "T". At the 1st traffic light turn left. Immediately there will be a mosque on your right. Park here in the parking lot. At the far end you will see a white wall with a wooden Bahraini door. Follow the wall to the right, then around to the left. This will bring you to the entrance of the house.

AL JASRA HANDICRAFT CENTER

Phone: 1761-1900

Location: Al Jasra

Hours: Saturday to Wednesday 0800 - 1400.

General Info: Traditional crafts demonstrated, displayed and sold. Bahraini chests, model dhows, fabric weavers, basket weavers, & pottery. You can make purchases from the vendors directly or go to the gift shop and bookstore on the premises. Best day to go is Saturday in order to see the work in progress.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 miles

and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 8.8 miles and exit right after Kid's World at the Budaiya exit. At the top of the ramp go LEFT. This will now be Wahi Al Aheb Hwy. Just as you come over the overpass you will see a sign for Al Jasra on your right. Turn RIGHT here and follow the road. As you come to the roundabout enter at 6 and exit at 1. Al Jasra Handicraft Center will be on your right.

AL JASRA HOUSE (BAIT AL JASRA)

Phone: 1761-1454

Location: Jasra

General Info: The Amir's birthplace. Classic Bahraini architecture and house design. This is one of the few historic landmarks furnished in the style typical of the period. Beautifully kept building and grounds. The town of Jasra itself is charming!

Hours: Sunday - Tuesday 0800 – 1400
Wednesday - Thursday 0900 – 1800
Friday 1500 – 1800
Closed Saturday

Fee: Adults .200 fils and children free.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 8.8 miles and exit right after Kid's World at the Budaiya exit. At the top of the ramp go left. This will now be Wahi Al Aheb Hwy. Just as you come over the overpass you will see a sign for Al Jasra on your right. Turn right here and follow the road for 1.3 miles passing through two roundabouts (Al Jasra Handicraft Center will be on your right between the 1st and 2nd roundabout). Just after the 2nd roundabout turn left at the sign for Al Jasra House. Go down a short distance and the parking entrance is on the right.

SAKHIR RACECOURSE

Phone: 1744-0330

Location: Off Zallaq Hwy heading west from Awali

General Info: Thoroughbred and Arabian horse racing. Betting is not allowed but it is fun to watch the horses run. Race meetings held October to April on Fridays. Starts at 1430.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 miles and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto

Zallaq Hwy. Follow Zallaq Hwy for 2.5 miles passing through two roundabouts and turn right when you see the sign: “Equestrian and Horseracing Club” (you will see a large statue of three horses on your left). After turning right, go approximately 0.5 mile; the stadium and parking lot will be in front of you.

FIRST OIL WELL/OIL MUSEUM

Phone: 1775-3475 (**call to confirm open times**)

Location: In the desert south of Awali

General Info: First oil well in the gulf and a museum depicting oil exploration and production in the area. Open Thursday and Friday 0900 - 1800.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 1.4 miles making a left at the roundabout (enter 6, exit 9). Go 4.3 miles and through 1 roundabout and First Oil Well and Museum will be on the right.

AL AREEN WILDLIFE PARK

Phone: 1783-6116

Location: Off Gulf of Bahrain Ave (near University of Bahrain)

Hours: Saturday-Thursday 0900-1600
Friday 1400-1600

General Info: Rare and endangered species on exhibit in their natural habitats. Air-conditioned bus tour of the park and an informative film included with entrance fee. Entrance fee: Adults 1 BD, Children under 15 years - 500 fils. Children under 3 years free. Gift shop on premises.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 4.6 miles passing through 3 roundabouts and make a left when you see a small sign “Al Areen” onto Gulf of Bahrain Ave. Follow Gulf of Bahrain Ave for 3.0 miles and turn left at the roundabout. Park entrance 100 yards ahead of you.

FORT OF RIFFA (SH. SALMAN BIN AHMED AL FATEH FORT)

Location: Riffa
General Info: Saturday - Wednesday 0730 – 1400
Thursday 1000 – 1700
Closed Friday

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Go 0.7 mile and turn left at the 1st light onto Sh. Jaber Al Ahmed Al Subah Hwy. Go 7.4 miles taking a right at the 1st light after going through two roundabouts. (You will see big red and white smokestacks here). (Note: After 2nd roundabout road changes names to Al Muaskar Ave). After turning right at the light onto Riffa Ave, go 1.5 miles and turn left at the 4th light. Go 0.7 miles passing through one roundabout and the fort will be on the right.

DELMON POTTERY

Phone: 1764-2539
Location: A'Ali Village
Hours: 0700 – 1900, seven days a week.
Fridays closed from 1300-1500
General Info: Watch potters work and visit the shop for pottery.
Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 2.8 miles to 3rd roundabout and go right onto Sh. Zayed Ave. Go 0.9 miles and make a left at the 1st roundabout towards A'Ali (enter 6, exit 9). Drive a short distance and make a right at the next roundabout. Go approximately 0.2 miles and turn right. Go approximately 50 yards and Delmon Pottery will be on your left.

TOURS

CULTURAL TOUR

Phone: 1796-62910
Location: Pick-up locations can be arranged from your hotel or the front gate of NSA (outside Pass and I.D.)
General Info: This tour can be arranged with the base MWR ITT office. Minimum 5/Maximum 12. Cost: 10 BD. This Cultural Tour includes 10 stops at various sites in Bahrain. A stop for lunch at a food court in the shopping mall is available. Visit the National Museum, Fort Bahrain, Basket-weavers, Dhow Shipbuilding Yard, 2000 BC Burial Mounds, Fort Riffa, Tree of Life and Camel Farm, Al Jasra House, Saar Archeological Dig Site, and two other sites depending on the dates. .

This tour is great if you have guests visiting Bahrain, or you are new to Bahrain and want to see everything with an experienced guide the first time around.

CLUBS AND ORGANIZATIONS

AMERICAN WOMEN'S ASSOCIATION (AWA)

Phone: 1775-6075

General Info: Membership is open to any woman who is an American citizen or wife of an American citizen. Affiliate members (non-American) may become full members, as long as the membership percentage remains 51% American. Activities include a monthly general meeting, coffee mornings, book club, cooking club, bridge, mahjong, tennis, crafts, on-island tours, an evening group, and a couples dinner group. The association also sponsors many other activities: craft fairs, children's parties, Ramadan Night, Christmas parties, and off-island tours. There is a strong Community Service Committee that organizes several volunteer groups, does fund raising and holds functions for charitable causes. Membership Fees: 20 BD for full membership, fees are reduced after September of each year. If you would like more information regarding AWA you may call the clubhouse and leave a message at 1775-6075.

THE BRITISH CLUB

Phone: 1772-8245

Location: Mahooz

Hours: 0700-2230, Seven days a week

General Info: Non-British persons may join the British Club, but must be sponsored by two current members (any of your friends that are members can sign your application). Non-members are welcome if signed in by a current member. The Club offers swimming, tennis, squash, and more. The Club organizes Bazaars, Formal Balls, Mystery Dinners, etc. The restaurant facilities include a sports bar, an English pub, a coffee shop, and a formal dining room. Fee: Family Membership 100 BD/6mos. Guest Fee 1 BD. Gym Membership is additional.

Directions: From the Grand Mosque: Turn left onto Al Fatih. At the first light turn right onto Juffair Ave. Pass the gas station on your left and go through the first light. At the roundabout go straight, the British Club will be on your left.

THE COUNTRY CLUB

Phone: 1759-3593

Location: Off Budaiya Hwy

General Info: Membership offers tennis, squash, racquetball, basketball, gym

facilities, and swimming. Open to members and non-members. Single Membership 220 BD per year. Family Membership 300 BD per year. The above is free for paid members.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Watch for the “Country Club” sign on the right after passing through the first roundabout (approximately 0.2 mile after roundabout). Make a right onto Jid Al Haj Hwy. Go 0.7 miles and turn left on Nakheel Hwy. Go 0.3 miles and the Country Club will be on your left.

EVENTS TO WATCH FOR IN BAHRAIN

The “WHATS ON” section of the Gulf Daily Newspaper lists activities, events, and things to do in Bahrain. Some popular events to watch for include:

- The Heritage Festival. You must experience this while you are in Bahrain! Travel back in time to traditional Bahrain. See the Wedding Celebrations, traditional crafts, watch dhows and reed boats being made. Experience the old souq, ride a camel, sail in a dhow, snack on local cuisine, buy a gallabiya, get henna!!! Located next to the National Museum, go early to beat the crowds. The Heritage Festival is held every year in spring.
- The Exhibition Center holds several events during the year which include: The Jewelry Exhibition, Middle East Craft Exhibition, AWA Craft Fair, Trade Exhibitions, and the Autumn Festival. Watch the newspaper for dates and times of these special events.

- The Bahrain Marathon Relay is great fun for serious runners as well as recreational and not so serious runners! This is a foot race of 20 stages, each approx. 3 km, held on the public roads of Bahrain. Marathon teams from all over the Gulf participate. Many of the teams are from local companies or clubs. You don't have to be fast, you just have to have fun! And best of all, the proceeds go to charities of Bahrain. The race is usually held in November so watch the papers. Check NSA BAHRAIN gym bulletin board or ask at MWR about forming teams.
- Cherry Tree Trot: An event similar to the Special Olympics in the states. Volunteers are always needed for this event. The Cherry Tree Trot is usually held in February/March.

SPORTING ACTIVITIES AND STORES

RUNNING

HASH HOUSE HARRIERS (Running Organization)

Phone: 1786-2620

General Info: This is a fun, relaxed organization. Fun runs held at various locations. Runs are always followed by a social hour. Call for specific event details and membership dues at 1786-2620.

AEROBICS

NSA Bahrain offers free aerobic classes 2-3 times a day. Visit the MWR office or the recreation center to pick up a monthly class schedule. Aerobics are held at the fitness center, contact the Gym at Dsn 439-3161.

BIKING/SKATING

SKATE SHACK

General Info: Mountain Bikes, Road Bikes and more. Roller blades, roller skates, ice skates. This is a bike shop that will not seem too foreign to Americans. Skate Shack is an authorized Trek dealer and can do repairs or sell you the things you need to do most maintenance yourself. Website: www.skate-shack.com

Location #1: Budaiya

Phone: 1769-7176

Hours: 0930-0830

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Follow Budaiya Hwy through two roundabouts. At the third roundabout, (there is a McDonald's and Alosra Supermarket on your left) make a U-turn (enter 6, exit 6). Go a short distance and Skate Shack will be in a small strip mall on your right.

TENNIS

THE COUNTRY CLUB

Phone: 1759-3593

Location: Off Budaiya Hwy

General Info: Members play free. Nonmembers pay 3.5 BD per person for one hour of court time. (See membership fees listed under Clubs and Organizations, "The Country Club").

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Watch for the "Country Club" sign on the right after passing through the first roundabout. Make a right onto Jid Al Haj Hwy. Go 0.7 miles and turn left on Nakheel Hwy. Go 0.3 miles and the Country Club will be on your left.

GOLF

RIFFA GOLF COURSE

Phone: 1775-0777

Location: Riffa

General Info: Golf from 0600 - 2200. (Note: Club members have the course from 0600 - 0900). Riffa Golf Course has the newest grass golf course in the Middle East. There is a beautiful clubhouse with fine dining, bars, snack and Pro shops. Golfers must wear soft spike shoes and follow a mandatory dress code. Mid-week 18 holes 25 BD and 9 holes 17 BD. Weekend 18 holes 36 BD and 9 holes 22 BD. (Discount prices available through MWR).

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. At the tenth (and last) roundabout make a left (enter 6, exit 9) onto Muaskar Hwy. Go 1.3 miles and make a right at the 1st roundabout. Go 0.7 miles and make a left at the roundabout toward Sh. Isa Air Base. Go 0.6 miles and turn left into Riffa Golf Course.

AWALI GOLF CLUB

Phone: 1775-6770

Location: Awali

General Info: Unique hard packed sand fairways and “greens”. The course is open to the public Saturday - Wednesday (unless there is a tournament) 0700 – 1530. Closed Thursday and Friday. Play 18 holes anytime for 7.5 BD for nonmembers. You must wear flat shoes, no spikes allowed. Club rental available at NSA Gym Gear Issue.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. At the tenth (and last) roundabout make a left (enter 6, exit 9) onto Muaskar Hwy. Go 1.3 miles and make a right at the 1st roundabout. Go 0.1 miles and turn left. Go 0.5 miles and Awali Golf Club will be on the left.

HORSEBACK RIDING

****TWIN PALMS RIDING CENTRE**

Phone: 1759-1668

Location: Saar

General Info: Contact: Anke or Anne Lundgren. Private one-hour lesson 6 BD or group one-hour lesson 5 BD. Helmets provided and required.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. After the 6.4 miles, exit right at the Saar Exit. Go 0.8 miles and turn right immediately after the speed bump. Go 0.1 miles and make a left. Go 0.2 miles and then the pavement will end. Continue across the dirt field veering right (around the present time trash/dump) and then straight for another 0.4 miles. Look for the horses and you will see Twin Palms Riding Stables in front of you.

SHAKHOORA STABLES

Phone: 1759-1103

Location: Saar

Hours: 0800-1200 and 1530-1900, seven days a week

General Info: One hour guided ride for 10 BD.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 6.4 miles

straight on the fly over passing the Pearl Roundabout on your left. Go another 1 mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. After the 6.4 miles, exit right at the Sar Exit. Go 0.8 miles and turn right immediately after the speed bump. Go 0.3 miles and the Bahrain Society for the Prevention of Cruelty to Animals (BSPCA) will be in front of you. Veer to the right and then left to go around the BSPCA. Shakhoura Stables will be on your left.

THE COUNTRY CLUB

Phone: 1759-3593
Location: Off Budaiya Hwy
Hours: 0800-2000, seven days a week
General Info: Open to members and non-members. (See membership fees listed under Clubs and Organizations "The Country Club"). Rates are as follows:
--One-hour guided trail rides: 5 BD for members and 7 BD for non-members.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Watch for the "Country Club" sign on the right after passing through the first roundabout. Make a right onto Jid Al Haj Hwy. Go 0.7 miles and turn left on Nakheel Hwy. Go 0.3 miles and the Country Club will be on your left.

THINGS TO DO

Phone: 1759-5508
Location: Budaiya (Burgerland Roundabout)
Hours: 0800-1230 and 1530-1830, seven days a week
General Info: Equestrian equipment. Also carries art supplies, craft items and needlework supplies.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Take your

immediate first right turn into “Things to Do”/Burgerland parking lot.
Things To Do will be on your left as you enter the parking lot.

PEARL DIVING, SCUBA DIVING

MWR plans outings for Pearl Diving, Scuba Diving. Watch for flyers or contact the office directly to inquire about these events.

ARTS & CRAFTS

ART CLASSES

DAR ALBAREH (Gallery and Café)

Phone: 1771-3535

Location: Adliya

Hours: Saturday – Thursday, 0830 - 2400.
Friday, 1200 - 2400.

General Info: Classes in basic decorative painting, furniture painting and wall effects painting as well as a complete line of painting supplies. Upstairs is a shop full of wonderful treasures for your home or unique gifts.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Turn left at the first light onto Osama Bin Zaid Ave (aka Schwarma Alley). Go to the 1st light and turn left onto Sh. Isa Ave, - then take an immediate right. Turn left at the little roundabout. Dar Albareh will be on the right just past the Future Preschool.

CELEBRATIONS and TALENTS both offer art classes. See contact information under Arts and Crafts Store for more information about art classes from these locations.

MUSIC CLASSES

CLASSIC INSTITUTE OF MUSIC (Royal School of London Music Program for piano)

Phone: 1772-8791

Location: Juffair

General Info: Music lessons on flute, lute, violin and piano. Call regarding registration fee and cost of lessons.

Directions: From Grand Mosque: Take a left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Take the second left turn. The Institute will be the 3rd building on the right.

PERSONAL TEACHER

Lesley Desport gives 30-45 minute piano lessons in your home. Call for more details.
Home: 1759-4016. Mobile: 3927-2315.

ART AND CRAFT STORES

****CELEBRATIONS**

Phone: 1759-5791

Location: Budaiya

Hours: 0900-1800

General Info: They actually carry craft supplies! Celebrations is connected to a nice

little coffee/tea shop called “A Piece of Cake”. Go there for a nice breakfast or lunch!

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and make a U-turn at the 3rd Roundabout (enter 6, exit 6). Go 0.9 miles and turn right into a little strip mall. Celebrations is at the end of the strip mall. (Lanna Thai Restaurant will be on the left side of the road).

Alt. Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You are now on Bani Otbah Ave. Be in the left lane to turn left on Osama bin Zaid Road (aka Shwarma Alley). Follow this road to the next stop light (by the Ferrari dealership) Turn right on Sh. Isa Avenue. Go to the roundabout (Discount Home Store and Al Andalus Hotel are here). Enter at 6:00, Exit at 9:00. You are now on Salmaniya Ave. Follow Salmaniya to the next roundabout. Enter at 6 and Exit at about 1 just after Dairy Queen and before Al Hawaj. Now on King Faisal Hwy. Be in the left lane to turn left onto the Budaiya Hwy at the first traffic light. You are now on the Budaiya Highway. Follow the highway through several roundabouts (the second is the Burgerland roundabout which you will know by the huge Burgerland sign that will be facing you as you go through. This is also the roundabout that the King Faisal Hwy connects. You will pass under the King Faisal Hwy as you go through the roundabout), pass two more roundabouts and the turn-off for Jawad’s, and to the Alosra Roundabout (this roundabout has a McDonald’s). U-Turn at this roundabout (in at 6, out at 6). Go 0.9 miles passing the first strip mall on your right. In the next strip mall are Celebrations and A Piece of Cake. Across the highway is a large green sign for Lanna Thai.

THINGS TO DO

Phone: 1759-0409

Location: Budaiya (Burgerland Roundabout)

General Info: Art supplies, craft items and needlework supplies. Equestrian equipment.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Take your

immediate first right turn. Things to Do will be on your left as you enter the parking lot.

TALENT (MAWAHEB)

Phone: 1759-4050

Location: Budaiya Hwy.

Hours: Saturday – Thursday 0800-1230 and 1600-1930

Closed Friday.

General Info: Paint, art and drawing supplies, wrapping paper. Possibly a source for home schoolers to find educational material.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles straight on the fly over passing the Pearl Roundabout on your left. Go another mile and the Seef Mall exit is on your right. Continue past the Seef Mall exit. There are three lanes. Get in the extreme right lane and exit at the Manama West/Budaiya exit. This exit brings you to the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go approximately 1.3 miles and just before the 2nd roundabout you will see Talent on the right. To get to the store, make a right at the 2nd roundabout (enter 6, exit 3) and then take an immediate right and go into the little strip mall to park.

RELIGIOUS SERVICES

ON BASE

HOLY TRINITY CHAPEL, NSA BAHRAIN

Phone: 1772-4235 (Chaplain's Office)

General Info: All regular religious services are held on Fridays. Each congregation has additional programs, services and Religious education. For more information, please call the Chaplains Office.

CATHOLIC MASS & RELIGIOUS EDUCATION

Religious Education: Friday at 0815 at various locations on base.

Mass: Sunday -Wednesday @ Chapel Annex at 1200.

Mass: Thursday @ Chapel Training Facility at 1730.

Mass: Friday @ Chapel Training Facility at 0930.

PROTESTANT SERVICES & FRIDAY SCHOOL

There is no Children Friday School until further notice.

Adult Friday School: Navy College Classroom #2 at 0930.

Worship Service: Friday @ Chapel Training Facility at 1100.

Worship Service: Sunday @ Chapel Training Facility at 1800.

JEWISH

Shabbat Service: 2nd Friday of each month @ Chapel Annex.

CHURCH OF CHRIST

Worship Service: Friday @ Chapel Annex at 1100.

OFF BASE

NOTE: Please call to confirm service times and to get directions.

ST. CHRISTOPHER' S CATHEDRAL (Anglican/Episcopal)

Phone: 1725-3866

Location: Near the Manama Police Fort.

General Info: Friday 0930 (family service). Sunday, 1030 and 1800. Monday, Tuesday and Wednesday at 0800 and Thursday at 0700. NOTE: Services also held at Community Church Awali on Saturday 1000. (family service).

SACRED HEART CHURCH (Roman Catholic)

Phone: 1725-3598

Location: Manama

General Info: Friday service 1730. Saturday service 1830 pm
Sunday 0900 and 1730 and 1900.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Phone: 1761-2382

Location: Salmaniyah (Located at the back of Batelco building)
Call for detailed directions

Services: Every Friday at 1000.

APPENDIX A

USEFUL PHONE NUMBERS (NSA BAHRAIN)

OFF BASE DIALING: Phone number 439-5555 (is dialed 1785-5555)

ON BASE DIALING: 439-xxxx (xxxx = ext number)

BASE SECURITY (24 hour duty desk) 1785-4911, 1785-3283

BAHRAIN SECURITY - 999, (traffic and accidents: 688-888)

NAVY LEGAL SERVICE OFFICE

Phone: 1785-4406

Hours: Sunday - Thursday 0900-1200/1300-1600

HOUSEHOLD GOODS/POV

Inbound and Outbound

Phone: 1785-4265.

Hours: 0830-1100 and 1230 - 1500.

FLEET AND FAMILY SUPPORT CENTER (FFSC)**

Phone: 1785-4046

HEALTH BENEFITS ADVISOR

Phone: 1785-4323

HOUSING WELCOME CENTER

Phone: 1785-4104

VETERNARIAN'S OFFICE

Phone: 1785-4295

AMERICAN EMBASSY HOTLINE

Hotline Phone: 1724-5048

Main Phone: 1724-2700

Emergency after hours: 1724-5126

NSA DENTAL CLINIC

Phone: 1785-4325

CHAPLAIN'S OFFICE

Phone 1785-4235

NSA MEDICAL CLINIC

Phone: 1785-4260

NFCU

Phone: 1785-4313

Pharmacy

Phone: 1785-4861

MWR

Phone: 1785-4422

BAHRAIN SCHOOL

Phone: 1785-7828

YOUTH CENTER

Closed until further notice.

POST OFFICE

Phone: 1785-4272

CHILD DEVELOPMENT CENTER

Closed until further notice.

DINAR MAN

Phone: 1785-4534

PARADISE MOVIE THEATER

Phone: 1785-4191

UNITED STATES EMBASSY

Phone: 1724-2700

Location: Zinj

General Info: THE CONSULAR SECTION (1724 - 2740). The consular section of the U.S. Embassy in Bahrain offers a full range of services to American citizens and Green Card holders (U.S. Permanent Residents). These include passport issuance and renewal, Fiancée and Immigrant visas, information on locations and types of marriage services available in Bahrain, Report of Birth Abroad, notarization, certification and attestation of documents, IRS forms, U.S. local/general election and voting information, and lists of lawyers available locally. For American citizens and Green Card holders, the Embassy is open: Sunday, Tuesday and Thursday 1300 - 1500, Wednesday 1000 - 1400. The Embassy is closed on Fridays and Saturday and observes local as well as U.S. holidays

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa bin Salman Hwy (aka Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmi Restaurant on the left after you make the right turn. Go 0.4 miles taking your 2nd left. Go 0.2 miles and you will see a small island in the road (it will be to the left) with a transformer on it. (If you pass the Tulip Supermarket you have gone too far). Turn left at the transformer island. The gate for the Embassy will be at the end of the street straight ahead of you. Parking lot is on the right just before the gate.

Driving Directions to/from Aviation Unit (AVUNIT) and International Airport

AVUNIT

Leaving NSA Bahrain's front gate, go past the Grand Mosque. Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right at the 3rd traffic light onto Sheikh Isa Bin Salman Causeway. Go over the sail bridge. Go through the intersection which becomes Airport Avenue once you cross over. Go to the fifth traffic light and turn left. Go approximate one mile and the AVUNIT will be located on your right.

Leaving the AVUNIT

Leaving the AVUNIT, turn left and go approximate one mile. Turn right at the traffic light onto Airport Avenue. Go through the intersection which becomes Sheikh Isa Bin Salman Causeway. Go over the sail bridge. Turn left at the first traffic light onto Al Fatih HWY. Go 2.1 miles and turn left at the third traffic light. Go through the second traffic light until you

reach the end of the street where NSA Bahrain main walk-in gate is located.

International Airport

Leaving NSA Bahrain's front gate, go past the Grand Mosque. Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right at the 3rd traffic light onto Sheikh Isa Bin Salman Causeway. Go over the sail bridge. Go through the intersection which becomes Airport Avenue once you cross over. Keep going through Airport Avenue until you reach the roundabout. Go through the first roundabout and you will see the airport on the left as you approach the 2nd roundabout. To get to the airport, approach the second roundabout and turn left. Go 0.2 mile and take the first right into the airport parking lot. It's 200 fils to park for one hour. If you park for less than 20 minutes, it's free.

Leaving the International Airport

Leaving the airport parking lot, turn right and go straight on through the roundabout. Keep straight on through Airport Avenue. Go through the intersection which becomes Sheikh Isa Bin Salman Causeway. Go over the sail bridge. Turn left at the first traffic light onto Al Fatih HWY. Go 2.1 miles and turn left at the third traffic light. Go through the second traffic light until you reach the end of the street where NSA Bahrain main walk-in gate is located.

APPENDIX B

CIVILIAN ATTIRE – DRESS CODE

U.S. personnel and their families must be aware of local sensitivities and cultural values in order to minimize the impact of U.S. military presence and reduce, to the maximum extent possible, any potential host-nation friction. Unless otherwise directed in writing by higher authority, all U.S. Navy personnel attached to COMUSNAVCENT / COMFIFTHFLT units and family members must adhere to the requirement of General Order OPOD 1000-007 (U).

It is impossible to cover all combinations of attire. The goal is to blend with the local environment and not draw undue attention to yourself. Civilian attire will present a neat, conservative appearance. Clothing will be loose fitting and concealing. Neither males nor females shall wear shirts or blouses of sheer fabric that could be considered revealing. Long pants are required between sunset and sunrise in all hotels, restaurants and clubs without exception (excluding fast food restaurants). Capri and cropped pants are considered long pants for women. Casual shorts will not be more than 2 inches above the knee for both male and female. Conservative slacks, denim pants (jeans), skirts, dresses, or shorts and collared shirts are generally acceptable.

During the celebration of Ramadan, the wearing of physical training attire and casual shorts will be modified to require full leg coverage, i.e. sweat pants/jeans; complete arm covering is also recommended in public.

Traditional host-nation male attire (thobe and guttra) and female attire (abaya) shall not be worn by U.S. personnel or family members.

NOTES/CORRECTIONS

****There are times when procedures or shops change their way of doing business. Also, there is always construction which can affect some directions indicated in this publication. If something has changed or is incorrect in this publication, please make a note here and advise Fleet and Family Support Center on base so the appropriate change(s) can be made in the next publication. Thank you.**



NSA BAHRAIN - SERVICES HOURS OF OPERATION

Telephone Numbers: (DSN) On Base: (318) 439-xxxx OFF Base: (00973) 1785-xxxx

Base Information: (DSN) On Base: (318) 439-4000 Off Base: (00973) 1785-4000



FACILITY	PHONE	SUN	MON	TUE	WED	THU	FRI	SAT
BARBER /	x4229	0800-1900	0800-1900	0800-1900	0800-1900	0800-1900	0800-1900	0800-1900
BEAUTY SHOP		0900-1900	0900-1900	0900-1900	0900-1900	0900-1900	0900-1900	0900-1900
BATELCO	17883966	0900-1400	0900-1400	0900-1400	0900-1400	0900-1315	CLOSED	0900-1400
DENTAL	x4325	0730-1630	0730-1630	0730-1300	0730-1630	0730-1630	CLOSED	CLOSED
BY APPOINTMENT ONLY								
DESERT DOME @ Freedom Souq A & W All American Food	x3177	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
Asian Creation	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
Cinnamon Street	x3177	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
Eddie Peppers	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
Hot Stuff Pizza	x3177	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230
NAPS BBQ	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
Smash Hit Subs	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
DESERT DOME								
A & W All American Food	x3177	0600-2200	0600-2200	0600-2200	0600-2200	0600-2200	0600-2200	0600-2200
Hot Stuff Pizza	x3177	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230
Main Bar	x3177	1600-2300	1600-2300	1600-2300	1600-2300	1600-2300	1600-2300	1600-2300
DINAR EXCHANGE - P911	x6495	0800-2000	0800-2000	0800-2000	0800-2000	0800-2000	0800-1400	0800-2000
DINAR EXCHANGE - MWR	x4230	0700-2300	0700-2300	0700-2300	0700-2300	0700-2300	0700-2300	0700-2300
DRY CLEANERS	x4279	0900-1800	0900-1800	0900-1800	0900-1800	0900-1800	1000-1600	0900-1800
IMMIGRATION	x4258	0900-1500	0900-1500	0900-1500	0900-1500	0900-1500	CLOSED	0900-1500
FFSC	x4046	0730-1630	0730-1630	0730-1630	0730-1630	0730-1630	CLOSED	CLOSED
FITNESS & GYM	x9306	0500-2400	0500-2400	0500-2400	0500-2400	0500-2400	0800-2400	0800-2400
Gear Issue-Out Door	x6992	0600-1800	0600-1800	0600-1800	0600-1800	0600-1800	1000-1800	1000-1800
Bowling Counter	x4205	1100-2400	1100-2400	1100-2400	1100-2400	1100-2400	1100-2400	1100-2400
Game Time	x8228	1100-2300	1100-2300	1100-2300	1100-2300	1100-2300	1100-2300	1100-2300
HRO	x4763	0800-1530	0800-1530	0800-1300	0800-1530	0800-1530	CLOSED	0800-1530
HOUSING	x4104	0800-1530	0800-1530	0800-1300	0800-1530	0800-1530	CLOSED	0800-1530
INTERNET CAFE	x8483	0700-2400	0700-2400	0700-2400	0700-2400	0700-2400	0700-2400	0700-2400
LIBERTY CENTER	x3192	0800-2200	0800-2200	0800-2200	0800-2200	0800-2400	0800-2400	0800-2200
LIBRARY	x4062	0900-1800	0900-1800	0900-1800	0900-1800	0900-1800	CLOSED	0900-1800
MEDICAL	x4260	0730-1630	0730-1630	0730-1130	0730-1630	0730-1630	CLOSED	CLOSED
BY APPOINTMENT ONLY						EMERGENCY ONLY		
MWR OFFICE	x4422	0800-1630	0800-1630	0800-1630	0800-1630	0800-1630	CLOSED	CLOSED
MWR PUBLICITY	x4299	0800-1630	0800-1630	0800-1630	0800-1630	0800-1630	CLOSED	CLOSED
NAVY EXCHANGE	x6937	0800-2000	0800-2000	0800-2000	0800-2000	0800-2000	0800-2000	0800-2000
Mini-Mart	x9347	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
NFCU	x4313	0730-1100	1000-1600	1000-1600	1000-1600	1000-1600	CLOSED	CLOSED
NMCRS	x9546	FOR EMERGENCY APPOINTMENT -36859546 / 36745663						
OASIS MALL MWR Galley	x4204							
Breakfast	X4204	0530-1000	0530-1000	0530-1000	0530-1000	0530-1000	0600-0900	0530-1000
Lunch	x4204	1100-1400	1100-1400	1100-1400	1100-1400	1100-1400	1100-1400	1100-1400
Dinner	X4204	1700-2000	1700-2000	1700-2000	1700-2000	1700-2000	1700-2000	1700-2000
Salad Bar	x4204	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000
PACK & WRAP	x4266	0800-1600	0800-1600	0800-1600	0800-1600	0800-1600	CLOSED	0800-1600
POST OFFICE	x4272	0900-1600	0900-1600	0900-1600	0900-1500	0900-1600	CLOSED	0900-1300
PERSONAL PROPERTY	X4265	0800-1530	0800-1530	0800-1530	0800-1530	0800-1530	CLOSED	0800-1200
PHOTO LAB	x4109	1000-1900	1000-1900	1000-1900	1000-1900	1000-1900	1000-1900	1000-1900
POOL Training Tank	x4102	CLOSED	0600-0930 1030-1900	0600-0930 1030-1900	0600-0930 1030-1900	0600-0930 1030-1900	1000-1900	1000-1900
PSD ID LAB	X3534	CLOSED	0900-1600	0830-1600	0900-1600	0830-1600	0900-1200	CLOSED
SENTINEL HALL	x4716	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
SHOE SHOP	39137964	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1600	1000-1800
TAILOR SHOP	x4174	0900-1900	0900-1900	0900-1900	0900-1900	0900-1900	1000-1600	0900-1900
THEATER	x4534	1000-0100	1000-0100	1000-0100	1000-0100	1000-0100	1000-0100	1000-0100
USO	39694930	0800-1800	0800-1800	0800-1800	0800-1800	0800-1800	1400-1800	0800-1800
VET	x4295	0900-1130	0900-1600	0900-1600	0900-1600	0900-1600	CLOSED	CLOSED
VIDEO SOUQ	x6930	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-1600



MONEY CONVERSION TABLE

US DOLLARS TO BAHRAIN DINARS

\$ 1.00 = BHD 0.375	\$ 10.00 = BHD 3.750	\$ 100.00 = BHD 37.500
\$ 1.50 = BHD 0.563	\$ 15.00 = BHD 5.625	\$ 150.00 = BHD 56.250
\$ 2.00 = BHD 0.750	\$ 20.00 = BHD 7.500	\$ 200.00 = BHD 75.000
\$ 2.50 = BHD 0.938	\$ 25.00 = BHD 9.375	\$ 250.00 = BHD 93.750
\$ 3.00 = BHD 1.125	\$ 30.00 = BHD 11.250	\$ 300.00 = BHD 112.500
\$ 3.50 = BHD 1.313	\$ 35.00 = BHD 13.125	\$ 350.00 = BHD 131.250
\$ 4.00 = BHD 1.500	\$ 40.00 = BHD 15.000	\$ 400.00 = BHD 150.000
\$ 4.50 = BHD 1.688	\$ 45.00 = BHD 16.875	\$ 450.00 = BHD 168.750
\$ 5.00 = BHD 1.875	\$ 50.00 = BHD 18.750	\$ 500.00 = BHD 187.500
\$ 5.50 = BHD 2.063	\$ 55.00 = BHD 20.625	\$ 550.00 = BHD 206.250
\$ 6.00 = BHD 2.250	\$ 60.00 = BHD 22.500	\$ 600.00 = BHD 225.000
\$ 6.50 = BHD 2.438	\$ 65.00 = BHD 24.375	\$ 650.00 = BHD 243.750
\$ 7.00 = BHD 2.625	\$ 70.00 = BHD 26.250	\$ 700.00 = BHD 262.500
\$ 7.50 = BHD 2.813	\$ 75.00 = BHD 28.125	\$ 750.00 = BHD 281.250
\$ 8.00 = BHD 3.000	\$ 80.00 = BHD 30.000	\$ 800.00 = BHD 300.000
\$ 8.50 = BHD 3.188	\$ 85.00 = BHD 31.875	\$ 850.00 = BHD 318.750
\$ 9.00 = BHD 3.375	\$ 90.00 = BHD 33.750	\$ 900.00 = BHD 337.500
\$ 9.50 = BHD 3.563	\$ 95.00 = BHD 35.625	\$ 950.00 = BHD 356.250
		\$ 1,000.00 = BHD 375.000

BAHRAIN DINAR TO US DOLLARS

BHD 1.000 = \$ 2.67	BHD 10.000 = \$ 26.67	BHD 100.000 = \$ 266.67
BHD 1.500 = \$ 4.00	BHD 15.000 = \$ 40.00	BHD 150.000 = \$ 400.00
BHD 2.000 = \$ 5.33	BHD 20.000 = \$ 53.33	BHD 200.000 = \$ 533.33
BHD 2.500 = \$ 6.67	BHD 25.000 = \$ 66.67	BHD 250.000 = \$ 666.67
BHD 3.000 = \$ 8.00	BHD 30.000 = \$ 80.00	BHD 300.000 = \$ 800.00
BHD 3.500 = \$ 9.33	BHD 35.000 = \$ 93.33	BHD 350.000 = \$ 933.33
BHD 4.000 = \$ 10.67	BHD 40.000 = \$ 106.67	BHD 400.000 = \$ 1,066.67
BHD 4.500 = \$ 12.00	BHD 45.000 = \$ 120.00	BHD 450.000 = \$ 1,200.00
BHD 5.000 = \$ 13.33	BHD 50.000 = \$ 133.33	BHD 500.000 = \$ 1,333.33
BHD 5.500 = \$ 14.67	BHD 55.000 = \$ 146.67	BHD 550.000 = \$ 1,466.67
BHD 6.000 = \$ 16.00	BHD 60.000 = \$ 160.00	BHD 600.000 = \$ 1,600.00
BHD 6.500 = \$ 17.33	BHD 65.000 = \$ 173.33	BHD 650.000 = \$ 1,733.33
BHD 7.000 = \$ 18.67	BHD 70.000 = \$ 186.67	BHD 700.000 = \$ 1,866.67
BHD 7.500 = \$ 20.00	BHD 75.000 = \$ 200.00	BHD 750.000 = \$ 2,000.00
BHD 8.000 = \$ 21.33	BHD 80.000 = \$ 213.33	BHD 800.000 = \$ 2,133.33
BHD 8.500 = \$ 22.67	BHD 85.000 = \$ 226.67	BHD 850.000 = \$ 2,266.67
BHD 9.000 = \$ 24.00	BHD 90.000 = \$ 240.00	BHD 900.000 = \$ 2,400.00
BHD 9.500 = \$ 25.33	BHD 95.000 = \$ 253.33	BHD 950.000 = \$ 2,533.33
		BHD 1,000.000 = \$ 2,666.67